



Turkey Bruschetta Panini

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer deli bold cracked pepper turkey breast fresh black
- 2 basil leaves fresh
- 2 slices bread italian
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 slim cut mozzarella cheese kraft
- 2 slices tomatoes thin

Equipment

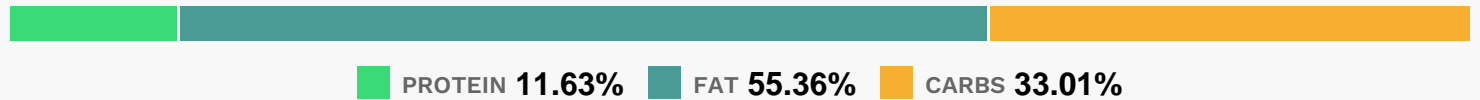
- grill

panini press

Directions

- Heat panini grill.
- Fill bread slices with turkey, cheese, basil and tomatoes.
- Spread outside of sandwich with mayo.
- Grill 3 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.33956521514641%

Nutrients (% of daily need)

Calories: 28.69kcal (1.43%), Fat: 1.77g (2.72%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.35g (1.5%), Cholesterol: 1.33mg (0.44%), Sodium: 65.2mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin K: 1.1µg (1.05%)