



Turkey-Cheddar Panini

READY IN



10 min.

SERVINGS



1

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp butter
- 1 big mild cheddar cheese kraft
- 1 Tbsp miracle whip dressing
- 2 slices grain bread whole
- 3 slices plum tomatoes thin
- 1 onion red thin
- 1.5 oz roasted turkey leftover thinly sliced

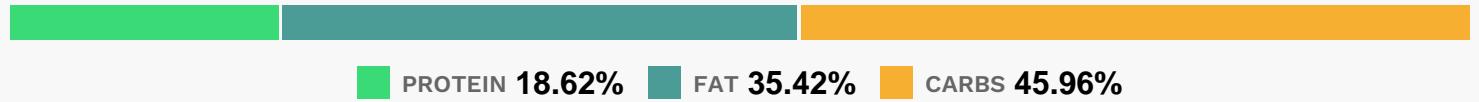
Equipment

- grill
- panini press

Directions

- Heat panini grill.
- Spread 1 bread slice with MIRACLE WHIP. Fill bread slices with remaining ingredients except butter.
- Spread outside of sandwich with butter.
- Grill 4 min. or until sandwich is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:211.7, Glycemic Load:16.79, Inflammation Score:-7, Nutrition Score:14.952608839325%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg

Nutrients (% of daily need)

Calories: 318.57kcal (15.93%), Fat: 12.69g (19.52%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 31.47g (11.44%), Sugar: 8.89g (9.88%), Cholesterol: 45.68mg (15.23%), Sodium: 487.29mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.02%), Manganese: 1.34mg (67.23%), Selenium: 21.81µg (31.16%), Vitamin B3: 4.93mg (24.67%), Fiber: 5.57g (22.28%), Vitamin B6: 0.44mg (21.86%), Phosphorus: 214.37mg (21.44%), Vitamin B1: 0.29mg (19.06%), Magnesium: 62.47mg (15.62%), Calcium: 130.63mg (13.06%), Folate: 47.49µg (11.87%), Zinc: 1.76mg (11.74%), Potassium: 386.35mg (11.04%), Vitamin B2: 0.19mg (10.99%), Iron: 1.96mg (10.86%), Vitamin C: 8.55mg (10.36%), Copper: 0.19mg (9.74%), Vitamin B5: 0.78mg (7.82%), Vitamin B12: 0.4µg (6.6%), Vitamin A: 316.74IU (6.33%), Vitamin K: 5.77µg (5.49%), Vitamin E: 0.61mg (4.05%)