



## Turkey Grilled Cheese

READY IN



10 min.

SERVINGS



1

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slice oscar mayer deli turkey breast smoked fresh
- 1 singles kraft
- 2 tsp butter soft
- 2 tsp miracle whip dressing
- 2 slice multi-grain bread
- 1 slice onion red thin

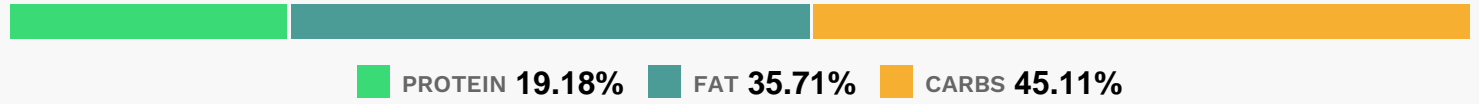
### Equipment

- frying pan

## Directions

- Spread bread slices with dressing; fill with Singles, turkey and onion.
- Spread outside of sandwich with margarine.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:96.7, Glycemic Load:14.77, Inflammation Score:-5, Nutrition Score:10.703478228787%

## Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 252.19kcal (12.61%), Fat: 10.07g (15.5%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 24.85g (9.03%), Sugar: 4.7g (5.23%), Cholesterol: 11.3mg (3.77%), Sodium: 814.42mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.35%), Manganese: 1.21mg (60.68%), Phosphorus: 208.91mg (20.89%), Selenium: 14.52µg (20.74%), Fiber: 3.79g (15.16%), Vitamin B1: 0.23mg (15.09%), Magnesium: 53.44mg (13.36%), Vitamin B3: 2.5mg (12.5%), Calcium: 108.56mg (10.86%), Copper: 0.21mg (10.6%), Iron: 1.83mg (10.17%), Zinc: 1.31mg (8.73%), Vitamin A: 366.76IU (7.34%), Vitamin B6: 0.14mg (6.93%), Potassium: 237.25mg (6.78%), Folate: 26.27µg (6.57%), Vitamin B2: 0.1mg (6.06%), Vitamin K: 4.42µg (4.21%), Vitamin B5: 0.41mg (4.09%), Vitamin E: 0.6mg (3.98%), Vitamin C: 1.06mg (1.28%)