



Turkey Grilled Cheese Sandwich with Pickled Onions

READY IN



15 min.

SERVINGS



1

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices cocktail rye bread
- ☐ 2 Tbsp butter
- ☐ 3 slices turkey leftover
- ☐ 2 slices monterrey jack cheese
- ☐ 2 pieces arugula
- ☐ 1 handful another pickle sweet

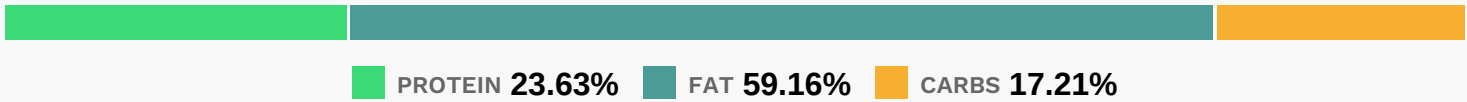
Equipment

☐ frying pan

Directions

- ☐ Heat a frying pan, preferably a cast iron one, over medium-high heat for 1-2 minutes.
- ☐ Assemble the sandwich: While the pan is heating, assemble the sandwich, starting with a layer of bread, then cheese, then turkey, arugula, pickles, and another slice of bread.
- ☐ Butter and cook one side: Butter the side closest to the cheese and place the sandwich butter-side down on to the hot pan to cook.
- ☐ Butter top side, flip sandwich, and cook other side: Once the bottom of the sandwich is browned, about 2-3 minutes, butter the top of the sandwich and carefully flip the sandwich over in the pan. Toast for another minute, then turn the heat to its lowest setting and cover the pan. Watch the cheese, and when it melts you're done. Eat immediately.

Nutrition Facts



Properties

Glycemic Index:161.33, Glycemic Load:14.36, Inflammation Score:-8, Nutrition Score:24.01391310018%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 738.44kcal (36.92%), Fat: 48.34g (74.37%), Saturated Fat: 27.51g (171.92%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.89g (10.14%), Sugar: 2.98g (3.32%), Cholesterol: 202.46mg (67.49%), Sodium: 996.16mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.44g (86.88%), Selenium: 53.22µg (76.03%), Vitamin B3: 10.54mg (52.72%), Phosphorus: 524mg (52.4%), Calcium: 486.87mg (48.69%), Vitamin B2: 0.68mg (40.03%), Vitamin B6: 0.61mg (30.61%), Zinc: 4.53mg (30.19%), Manganese: 0.55mg (27.62%), Vitamin A: 1232.7IU (24.65%), Vitamin B12: 1.37µg (22.83%), Folate: 90.84µg (22.71%), Vitamin B1: 0.33mg (21.77%), Iron: 3.17mg (17.6%), Magnesium: 67.5mg (16.87%), Fiber: 3.75g (15.02%), Vitamin B5: 1.24mg (12.36%), Copper: 0.22mg (10.84%), Potassium: 367.56mg (10.5%), Vitamin E: 1.09mg (7.24%), Vitamin K: 6.81µg (6.48%), Vitamin D: 0.67µg (4.48%)