



Turkey Italiano Sandwich

READY IN



18 min.

SERVINGS



18

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp classico basil pesto sauce and spread traditional
- 1.5 tsp olives black chopped
- 6 slices oscar mayer deli honey turkey breast smoked fresh
- 2 slices bread italian
- 2 small pepperoncini peppers stemmed sliced
- 1 provolone cheese kraft

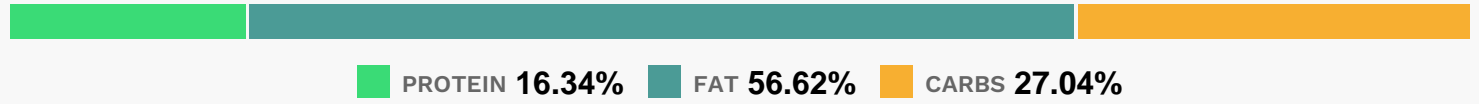
Equipment

- frying pan

Directions

- Spread bread slices with pesto; fill with remaining ingredients.
- Heat small skillet sprayed with cooking spray on medium heat.
- Add sandwich; cook 4 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.65130434962718%

Nutrients (% of daily need)

Calories: 23.16kcal (1.16%), Fat: 1.47g (2.26%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.84g (0.93%), Cholesterol: 1.65mg (0.55%), Sodium: 62.38mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin C: 3.03mg (3.68%), Phosphorus: 13.43mg (1.34%), Calcium: 10.34mg (1.03%)