



## Turkey, Pear and Cheese Melt

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 oz milk cheddar cheese 2% cut into 4 thin slices kraft
- 4 slices oscar mayer deli oven roasted turkey breast fresh halved
- 8 rosemary and olive oil woven wheat crackers
- 8 slices pears fresh thin

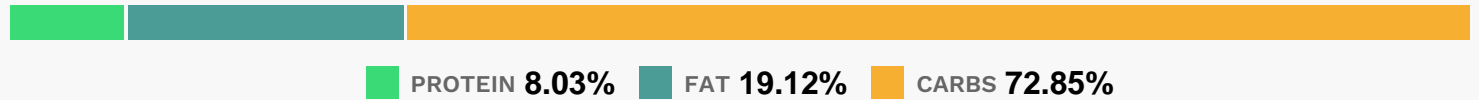
### Equipment

- microwave

## Directions

- Cut cheese slices diagonally in half.
- Place crackers in single layer on microwaveable plate; top with cheese, turkey and pears.
- Microwave on HIGH 30 sec. or until cheese just begins to melt.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.94, Glycemic Load:12.5, Inflammation Score:-3, Nutrition Score:7.3800000366957%

## Flavonoids

Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg Epicatechin: 10.53mg, Epicatechin: 10.53mg, Epicatechin: 10.53mg, Epicatechin: 10.53mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## Nutrients (% of daily need)

Calories: 217.96kcal (10.9%), Fat: 5.02g (7.73%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 34.4g (12.51%), Sugar: 27.41g (30.46%), Cholesterol: 13.21mg (4.4%), Sodium: 172.79mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Fiber: 8.68g (34.72%), Vitamin C: 12.04mg (14.59%), Vitamin K: 13.69µg (13.04%), Copper: 0.23mg (11.72%), Potassium: 373.48mg (10.67%), Phosphorus: 96.9mg (9.69%), Vitamin B3: 1.54mg (7.71%), Calcium: 76.65mg (7.66%), Vitamin B6: 0.14mg (6.97%), Manganese: 0.14mg (6.89%), Vitamin B2: 0.11mg (6.62%), Magnesium: 24.63mg (6.16%), Selenium: 3.87µg (5.53%), Folate: 21.93µg (5.48%), Vitamin E: 0.72mg (4.77%), Zinc: 0.6mg (4.01%), Iron: 0.57mg (3.19%), Vitamin A: 142.1IU (2.84%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.76%), Vitamin B12: 0.09µg (1.53%)