



Turkey Philly Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 0.8 pound deli turkey breast thinly sliced
- ☐ 1 cup bell pepper green thinly sliced
- ☐ 1 cup onion thinly sliced
- ☐ 4 ounce provolone cheese low-sodium
- ☐ 8 ounce sandwich rolls

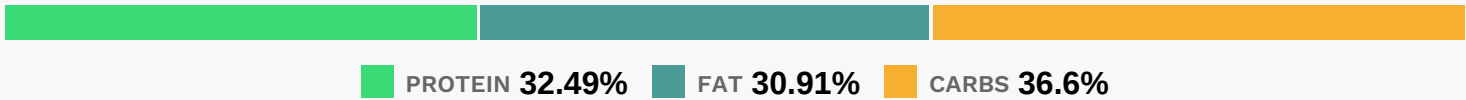
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 5 minutes or until tender. Stir in black pepper.
- ☐ Divide onion mixture and turkey evenly among bottom halves of rolls; top each serving with 1 cheese slice. Cover with top halves of rolls.
- ☐ Place sandwiches on a baking sheet.
- ☐ Bake at 375 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:21.01347818582%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 393.22kcal (19.66%), Fat: 13.53g (20.81%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 33.38g (12.14%), Sugar: 3.8g (4.22%), Cholesterol: 70.86mg (23.62%), Sodium: 708.56mg (30.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.97%), Selenium: 45.82µg (65.45%), Vitamin B3: 11.12mg (55.58%), Phosphorus: 417.87mg (41.79%), Vitamin B6: 0.83mg (41.58%), Vitamin C: 32.91mg (39.89%), Calcium: 294.17mg (29.42%), Vitamin B2: 0.43mg (25.13%), Vitamin B1: 0.34mg (22.96%), Manganese: 0.38mg (19.13%), Folate: 74.07µg (18.52%), Zinc: 2.67mg (17.83%), Vitamin B12: 0.95µg (15.9%), Iron: 2.69mg (14.94%), Magnesium: 52.5mg (13.12%), Potassium: 432.02mg (12.34%), Vitamin B5: 1.12mg (11.17%), Fiber: 2.65g (10.6%), Vitamin A: 468.27IU (9.37%), Copper: 0.19mg (9.29%), Vitamin K: 4.26µg (4.06%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.23µg (1.51%)