



VELVEETA® BBQ Turkey Griller

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 8 slices bread
- 16 slices oscar mayer deli turkey breast smoked fresh
- 8 tsp butter softened
- 0.5 onion separated sliced
- 4 oz velveeta cut into 8 slices
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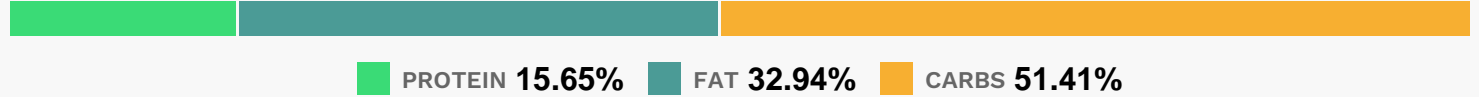
Equipment

frying pan

Directions

- Spread bread slices with barbecue sauce; fill with all remaining ingredients except margarine.
- Spread outsides of sandwiches 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:21.42, Glycemic Load:14.57, Inflammation Score:-5, Nutrition Score:9.4578261129234%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 284.15kcal (14.21%), Fat: 10.45g (16.08%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 34.07g (12.39%), Sugar: 10.27g (11.41%), Cholesterol: 10.24mg (3.41%), Sodium: 919.62mg (39.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Manganese: 0.71mg (35.39%), Selenium: 16.43µg (23.47%), Vitamin B3: 3.26mg (16.28%), Vitamin B1: 0.24mg (16.1%), Phosphorus: 156.2mg (15.62%), Iron: 2.51mg (13.97%), Folate: 50.66µg (12.67%), Fiber: 2.63g (10.54%), Vitamin B2: 0.16mg (9.31%), Copper: 0.18mg (9.06%), Magnesium: 35.58mg (8.9%), Calcium: 85.4mg (8.54%), Vitamin A: 377.67IU (7.55%), Zinc: 0.91mg (6.08%), Potassium: 210.05mg (6%), Vitamin B5: 0.51mg (5.13%), Vitamin B6: 0.09mg (4.65%), Vitamin E: 0.54mg (3.62%), Vitamin K: 3.12µg (2.97%), Vitamin C: 1.26mg (1.52%)