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Turkey Swiss Melt ♦

The Turkey Swiss Melt is a delicious sandwich that combines savory turkey and Swiss cheese, melted to perfection. It is a classic comfort food that is enjoyed by many. The sandwich is typically made with sliced turkey breast, Swiss cheese, and mayonnaise, all grilled or toasted until the cheese is melted and the bread is crispy. It can be served with a side of fries or a salad for a complete meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	sliced turkey breast
100 g	swiss cheese
30 g	mayonnaise
4 pieces	bread slices

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer sliced turkey breast and Swiss cheese on two bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Topping

Top with the remaining bread slices, mayonnaise side down.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Baking

Place the sandwiches on a baking sheet and bake for 8-10 minutes, or until the cheese is melted and the bread is crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

American

Course

Side Dishes

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Volumetrics Diet

Nordic Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

The F-Plan Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Carnivore Diet

The Dukan Diet

The HCG Diet

The Starch Solution Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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