



Baby Hot Browns

READY IN



45 min.

SERVINGS



24

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 bacon divided crumbled cooked
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup milk
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 5 plum tomatoes thinly sliced
- ☐ 24 slices pumpernickel party rye bread
- ☐ 0.3 teaspoon salt

- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1.5 cups turkey diced cooked

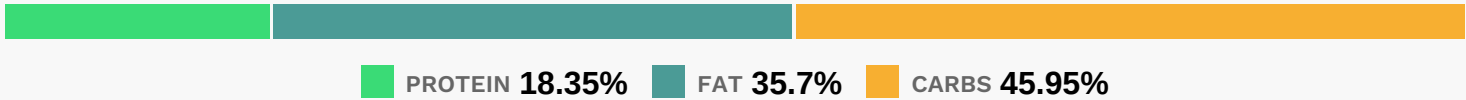
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Arrange bread slices on a lightly greased baking sheet. Broil 6 inches from heat for 3 to 4 minutes.
- ☐ Melt butter in a saucepan over low heat; add flour, and cook, whisking constantly, until smooth. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly.
- ☐ Add Cheddar cheese, whisking until cheese melts. Stir in diced turkey, salt, and ground red pepper.
- ☐ Top bread evenly with warm cheese-turkey mixture.
- ☐ Sprinkle evenly with Parmesan cheese and half of bacon.
- ☐ Bake at 500 for 2 minutes or until Parmesan is melted. Top with tomato slices, and sprinkle evenly with remaining bacon.
- ☐ To make ahead: Prepare the cheese-turkey mixture, cook the bacon, and grate the Parmesan the day before the party. To reheat cheese mixture, place pan over low heat, stirring constantly, until smooth and warm. Assemble and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:7.98, Inflammation Score:-4, Nutrition Score:6.7034782171249%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 153.53kcal (7.68%), Fat: 6.07g (9.34%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 15.54g (5.65%), Sugar: 2.09g (2.32%), Cholesterol: 14.21mg (4.74%), Sodium: 346.14mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Selenium: 14.8µg (21.15%), Manganese: 0.29mg (14.46%), Vitamin B1: 0.17mg (11.54%), Phosphorus: 108.82mg (10.88%), Vitamin B3: 2.05mg (10.25%), Vitamin B2: 0.17mg (10.19%), Folate: 40.44µg (10.11%), Calcium: 90.59mg (9.06%), Fiber: 2.04g (8.17%), Iron: 1.08mg (5.97%), Zinc: 0.87mg (5.81%), Vitamin A: 267.16IU (5.34%), Magnesium: 19.91mg (4.98%), Vitamin B6: 0.09mg (4.72%), Copper: 0.08mg (3.9%), Vitamin B12: 0.23µg (3.87%), Potassium: 132.51mg (3.79%), Vitamin B5: 0.29mg (2.95%), Vitamin C: 1.92mg (2.32%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.6µg (1.53%), Vitamin D: 0.18µg (1.18%)