



Classic Club Sandwich

READY IN



10 min.

SERVINGS



4

CALORIES



955 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 slices bacon crispy cooked
- ☐ 16 plastic cocktail swords
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup mayonnaise
- ☐ 4 servings potato chips
- ☐ 8 romaine lettuce leaves
- ☐ 4 servings toppings: such as pickles sweet
- ☐ 16 ounces roasted turkey sliced
- ☐ 16 slices vine-ripened tomatoes

☐ 12 slices bread white

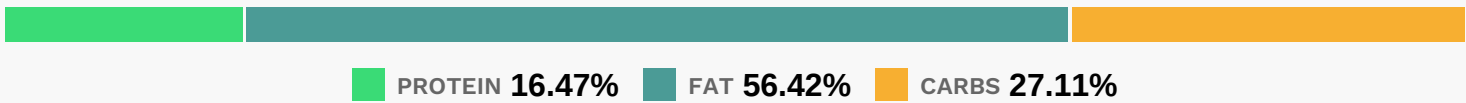
Equipment

- ☐ broiler
- ☐ toaster
- ☐ serrated knife

Directions

- ☐ Special equipment: 16 frill picks, or plastic cocktail swords
- ☐ Toast the bread in a toaster, or under a broiler on both sides.
- ☐ Cut the lettuce leaves in half crosswise and form into 8 neat stacks.
- ☐ To make a double-decker club: On a clean work surface, arrange 3 bread slices in a row.
- ☐ Spread 1 tablespoon mayonnaise over 1 side of each bread slice.
- ☐ Place a lettuce stack on top of the first bread slice, top with 2 tomato slices, and season with salt and pepper, to taste.
- ☐ Place 2 slices bacon over the tomatoes (broken to fit neatly if necessary) and top with 1/8 of the turkey (without letting any hang over the sides). Season the turkey with salt and pepper, to taste. Repeat with the second bread slice. Carefully place the second layered bread slice on top of the first layered bread, turkey side-up. Cover with the third bread slice, mayonnaise side-down.
- ☐ Pin the sandwich's layers together by piercing them with 4 frill picks or cocktail swords through the top bread slice, in 4 places in a diamond-like pattern, all the way to the bottom bread slice. Repeat entire process with the remaining ingredients to form 3 more sandwiches.
- ☐ Using a serrated knife cut each sandwich, diagonally, into 4 triangular pieces (each piece should be secured in the center with a pick or sword).
- ☐ Serve with potato chips and pickles.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:27.85, Inflammation Score:-10, Nutrition Score:39.593912767327%

Flavonoids

Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 954.58kcal (47.73%), Fat: 59.89g (92.14%), Saturated Fat: 11.57g (72.3%), Carbohydrates: 64.75g (21.58%), Net Carbohydrates: 59.37g (21.59%), Sugar: 13.02g (14.47%), Cholesterol: 107.29mg (35.76%), Sodium: 1524.17mg (66.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.35g (78.69%), Vitamin K: 152.77µg (145.5%), Vitamin A: 6062.08IU (121.24%), Vitamin B3: 15.27mg (76.34%), Selenium: 52.69µg (75.27%), Vitamin B6: 1.01mg (50.53%), Vitamin B1: 0.75mg (49.95%), Folate: 191.85µg (47.96%), Phosphorus: 455.73mg (45.57%), Manganese: 0.89mg (44.72%), Vitamin E: 5.43mg (36.19%), Potassium: 1196.35mg (34.18%), Vitamin B2: 0.5mg (29.55%), Vitamin B5: 2.89mg (28.94%), Vitamin C: 23.33mg (28.28%), Iron: 4.88mg (27.12%), Zinc: 3.79mg (25.25%), Vitamin B12: 1.38µg (23.02%), Magnesium: 90.2mg (22.55%), Calcium: 225.08mg (22.51%), Fiber: 5.38g (21.52%), Copper: 0.36mg (18.19%), Vitamin D: 0.45µg (3.02%)