



## Classic Hot Brown

READY IN



20 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 2 cups milk
- 8 oz cheddar cheese shredded
- 6 slices texas toast croutons lightly toasted
- 18 oz deli- turkey
- 12 slices tomatoes

- 6 tablespoons parmesan shredded
- 3 slices bacon crumbled cooked
- 1 serving paprika

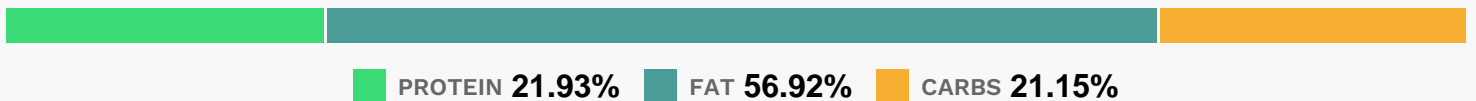
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Set oven control to broil. In 2-quart saucepan, melt butter over medium-low heat. Stir in flour, salt and pepper. Cook and stir until smooth and bubbly. Gradually add milk, stirring constantly until mixture boils and thickens. Stir in Cheddar cheese until melted.
- Remove from heat.
- Spray 13x9-inch pan with cooking spray.
- Place toast slices in pan. Top each slice of toast with 3 oz turkey, 2 slices tomato, 1/3 cup cheese sauce and 1 tablespoon Parmesan cheese.
- Broil with tops about 6 inches from heat 3 to 4 minutes or until lightly browned. Top evenly with bacon; sprinkle lightly with paprika.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:5.18, Inflammation Score:-8, Nutrition Score:19.373477977255%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 569.73kcal (28.49%), Fat: 36.17g (55.65%), Saturated Fat: 14.45g (90.33%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 28.33g (10.3%), Sugar: 8.32g (9.24%), Cholesterol: 96.59mg (32.2%), Sodium: 1587.89mg (69.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.72%), Phosphorus: 539.2mg (53.92%), Calcium: 449.04mg (44.9%), Selenium: 28.24µg (40.35%), Iron: 6.96mg (38.69%), Vitamin B3: 7.28mg (36.42%), Vitamin A: 1503.82IU (30.08%), Vitamin B2: 0.47mg (27.76%), Vitamin B6: 0.5mg (25.2%), Vitamin B12: 1.27µg (21.13%), Zinc: 2.92mg (19.49%), Potassium: 637.45mg (18.21%), Magnesium: 47.67mg (11.92%), Vitamin B1: 0.18mg (11.75%), Vitamin C: 7.42mg (8.99%), Vitamin D: 1.33µg (8.88%), Vitamin B5: 0.87mg (8.72%), Fiber: 1.93g (7.7%), Vitamin E: 1.15mg (7.66%), Folate: 29.59µg (7.4%), Manganese: 0.13mg (6.66%), Vitamin K: 5.92µg (5.64%), Copper: 0.08mg (4.12%)