



Club-Style Lightened Hot Browns With Caramelized Onions

READY IN



35 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 slices bacon crumbled cooked reduced-fat
- ☐ 0.3 pound deli honey ham sliced
- ☐ 0.3 pound deli turkey sliced
- ☐ 0.3 cup parmesan shredded
- ☐ 4 servings parmesan
- ☐ 3 plum tomatoes sliced
- ☐ 0.3 pound pan drippings from roast beef preferably sliced

- ☐ 0.3 teaspoon salt
- ☐ 1 large onion sweet sliced
- ☐ 1 oz sandwich bread white toasted

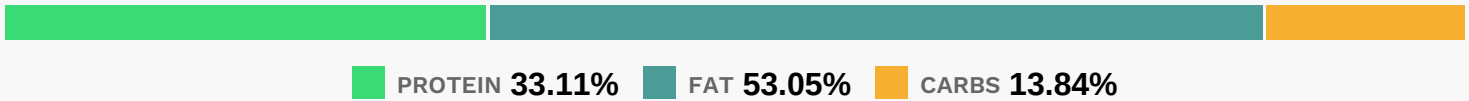
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Melt 2 Tbsp. butter in a medium skillet over medium heat.
- ☐ Add onion and 1/4 tsp. salt. Cook, stirring often, 15 to 20 minutes or until onions are caramel colored.
- ☐ Arrange desired bread slices on an aluminum foil-lined 15- x 10-inch jelly-roll pan; layer with turkey, roast beef, and ham. Top with Parmesan Cheese Sauce and onions; sprinkle with Parmesan cheese.
- ☐ Broil 6 inches from heat 4 to 6 minutes or until bubbly and lightly browned; remove from oven. Top with crumbled bacon and tomato slices; serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:3.28, Inflammation Score:-7, Nutrition Score:17.626086950302%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 410.44kcal (20.52%), Fat: 24.21g (37.24%), Saturated Fat: 12.67g (79.2%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.75g (4.63%), Sugar: 6.53g (7.26%), Cholesterol: 90.43mg (30.14%), Sodium: 2049.32mg (89.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.98%), Calcium: 552.49mg (55.25%), Phosphorus: 506.96mg (50.7%), Selenium: 22.68µg (32.39%), Vitamin C: 23.1mg (28%), Vitamin B3: 5.04mg (25.18%), Zinc: 3.42mg (22.82%), Vitamin B6: 0.45mg (22.42%), Vitamin B1: 0.33mg (21.97%), Vitamin B12: 1.2µg (19.96%), Vitamin A: 849.25IU (16.98%), Vitamin B2: 0.28mg (16.54%), Potassium: 510.52mg (14.59%), Magnesium: 52.04mg (13.01%), Iron: 2.11mg (11.73%), Copper: 0.22mg (10.85%), Folate: 40.05µg (10.01%), Manganese: 0.18mg (8.83%), Vitamin B5: 0.64mg (6.36%), Fiber: 1.47g (5.86%), Vitamin K: 5.04µg (4.8%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.41µg (2.74%)