



Colossal Club Sandwiches

READY IN



30 min.

SERVINGS



6

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slices avocado
- 12 slices bacon cut in half
- 1 tablespoon basil pesto prepared
- 6 slices cheddar (sandwich slices)
- 1 leaf lettuce green
- 1 pound ham shaved
- 0.5 cup mayonnaise
- 6 servings chips for serving
- 1 onion red very thin sliced

- 1 pound pan drippings from roast beef preferably shaved
- 1 tablespoon sun-dried tomato pesto pureed prepared (or just a couple of sun-dried tomatoes)
- 3 large tomatoes red thick sliced
- 18 slices sandwich bread

Equipment

- bowl
- paper towels
- knife
- toothpicks
- toaster

Directions

- Watch how to make this recipe.
- Toast the bread in the toaster until light golden brown. Set aside.
- Fry the bacon until just barely crisp, and then drain on a paper towel. Set aside.
- Mix together 2 tablespoons of the mayonnaise with the basil pesto. In a separate bowl, mix an additional 2 tablespoons mayonnaise with the sun-dried tomato pesto.
- Spread 2 pieces of toast with basil pesto mayo. On one piece of bread, lay some roast beef on top of the pesto mayo, then top with a slice of cheese and some lettuce. On the other piece of bread, lay the slices of tomato on top of the pesto mayo. Top with some avocado and bacon. Lift the second slice of bread and place it, ingredient-side down, on top of the first piece of bread.
- For the second layer: On the top of the top piece of bread, spread the sun-dried tomato mayo.
- Spread one side of the third piece of bread with sun-dried tomato mayo.
- Place ham, cheese, red onion and lettuce on top. Top with bacon slices.
- Place this piece of bread, ingredient-side down, on top of the first piece of bread. Use a sharp knife to cut the sandwich in half (on the diagonal) then again in fourths. (Use large toothpicks to secure if needed.)
- Serve with chips!

Nutrition Facts

PROTEIN 21.94% FAT 58.16% CARBS 19.9%

Properties

Glycemic Index:58.85, Glycemic Load:28.13, Inflammation Score:-8, Nutrition Score:36.649130613908%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 935.83kcal (46.79%), Fat: 60.32g (92.79%), Saturated Fat: 18.16g (113.49%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 41.5g (15.09%), Sugar: 7.8g (8.67%), Cholesterol: 144.24mg (48.08%), Sodium: 2972.23mg (129.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.21g (102.41%), Selenium: 53.91µg (77.01%), Vitamin B3: 15.35mg (76.74%), Vitamin B1: 1.06mg (70.44%), Vitamin C: 50.47mg (61.18%), Phosphorus: 578.42mg (57.84%), Calcium: 522.11mg (52.21%), Vitamin B6: 0.95mg (47.43%), Zinc: 6.66mg (44.41%), Vitamin K: 43.68µg (41.6%), Vitamin B12: 2.19µg (36.53%), Vitamin B2: 0.61mg (35.81%), Folate: 134.35µg (33.59%), Manganese: 0.64mg (32.13%), Iron: 5.49mg (30.51%), Potassium: 986.22mg (28.18%), Vitamin A: 1066.65IU (21.33%), Magnesium: 79.72mg (19.93%), Fiber: 4.94g (19.76%), Vitamin B5: 1.77mg (17.69%), Copper: 0.34mg (17.2%), Vitamin E: 2.37mg (15.78%), Vitamin D: 0.84µg (5.63%)