



Grilled Maple Turkey Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



1252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 strips bacon
- 2 tablespoons butter softened
- 2 tablespoons dijon honey mustard
- 4 ounces maple turkey deli-style sliced
- 2 slices raisin bread black
- 4 slices swiss cheese

Equipment

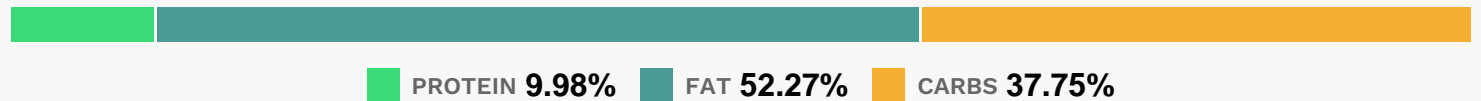
- frying pan

paper towels

Directions

- Place bacon into a skillet over medium heat, and cook until crisp.
- Remove, and drain on paper towels.
- Drain bacon grease from skillet.
- Add maple turkey to the skillet, and cook briefly, just long enough to heat through.
- Butter both sides of the bread.
- Layer one slice with two slices of the Swiss cheese, then layer with the maple turkey, and the bacon.
- Drizzle with honey mustard, and top with remaining two slices of Swiss cheese. Top with remaining bread slice, and cut sandwich in half. Return sandwich halves to the skillet, and cook over medium heat, turning once, until cheese begins to melt, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:184.5, Glycemic Load:45.88, Inflammation Score:-7, Nutrition Score:28.75391297998%

Nutrients (% of daily need)

Calories: 1251.87kcal (62.59%), Fat: 72.27g (111.19%), Saturated Fat: 36.11g (225.66%), Carbohydrates: 117.44g (39.15%), Net Carbohydrates: 115.21g (41.89%), Sugar: 76.92g (85.47%), Cholesterol: 167mg (55.67%), Sodium: 1083.41mg (47.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.07%), Manganese: 2.88mg (143.97%), Vitamin B2: 1.92mg (112.71%), Calcium: 773.14mg (77.31%), Selenium: 44.41µg (63.45%), Phosphorus: 548.76mg (54.88%), Vitamin B12: 2.43µg (40.52%), Zinc: 4.94mg (32.96%), Vitamin B1: 0.44mg (29.48%), Vitamin A: 1288.54IU (25.77%), Vitamin B3: 4.6mg (23.01%), Magnesium: 68.25mg (17.06%), Potassium: 558.87mg (15.97%), Folate: 62.08µg (15.52%), Vitamin B6: 0.26mg (12.99%), Iron: 2mg (11.1%), Vitamin E: 1.49mg (9.91%), Fiber: 2.24g (8.94%), Vitamin B5: 0.89mg (8.9%), Copper: 0.16mg (8.13%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.26µg (1.76%)