



Grilled Turkey, Bacon and Swiss Sandwich

READY IN



30 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 3 tablespoons butter softened
- ☐ 8 slices bread
- ☐ 6 tablespoons sun-dried tomatoes finely chopped in oil
- ☐ 8 oz swiss cheese
- ☐ 12 oz deli- turkey

Equipment

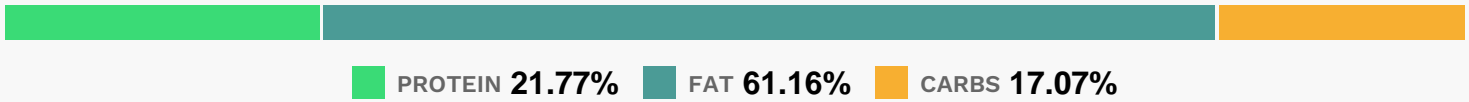
- ☐ frying pan

☐ paper towels

Directions

- ☐ In 12-inch nonstick skillet, cook bacon until crisp; drain on paper towels.
- ☐ Meanwhile, spread butter on one side of each bread slice.
- ☐ Spread rounded tablespoons of the tomatoes on unbuttered side of 4 of the bread slices. Top each with one slice of the cheese, turkey, bacon, the second slice of cheese and the remaining bread slice, buttered side up.
- ☐ Heat griddle or 12-inch nonstick skillet over medium heat. In hot skillet, cook sandwiches 3 minutes or until cheese is slightly melted and bread is browned. Turn sandwiches over; cook 3 minutes longer or until cheese is melted and sandwich is deep golden brown.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:14.7, Inflammation Score:-8, Nutrition Score:29.727825807488%

Nutrients (% of daily need)

Calories: 761.23kcal (38.06%), Fat: 51.87g (79.8%), Saturated Fat: 23.17g (144.79%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 27.92g (10.15%), Sugar: 3.25g (3.61%), Cholesterol: 146.02mg (48.67%), Sodium: 1538.42mg (66.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.55g (83.1%), Phosphorus: 752.65mg (75.27%), Selenium: 52.19µg (74.55%), Manganese: 1.32mg (65.88%), Calcium: 622.95mg (62.3%), Vitamin B3: 11.18mg (55.88%), Vitamin B12: 2.26µg (37.75%), Vitamin B6: 0.7mg (34.87%), Zinc: 4.96mg (33.1%), Vitamin B2: 0.51mg (30.13%), Vitamin B1: 0.42mg (28.15%), Vitamin C: 22.58mg (27.37%), Potassium: 932.55mg (26.64%), Magnesium: 101.45mg (25.36%), Vitamin A: 1036.19IU (20.72%), Fiber: 4.65g (18.59%), Copper: 0.3mg (14.85%), Iron: 2.64mg (14.67%), Vitamin B5: 1.25mg (12.46%), Folate: 37.44µg (9.36%), Vitamin E: 1.19mg (7.91%), Vitamin K: 5.9µg (5.62%), Vitamin D: 0.35µg (2.31%)