



Hot Brown Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast meat fat-free shaved
- 6 tablespoons flour all-purpose
- 0.3 cup milk 2% low-fat
- 21 ounce chicken broth canned
- 1 tablespoon stick margarine reduced-calorie
- 2 ounces parmesan fresh divided
- 4 servings pepper freshly ground
- 8 teaspoons oz. bacon into pieces crumbled
- 1.5 tablespoons cooking sherry

- 2 inch tomatoes
- 0.8 ounce bread toasted

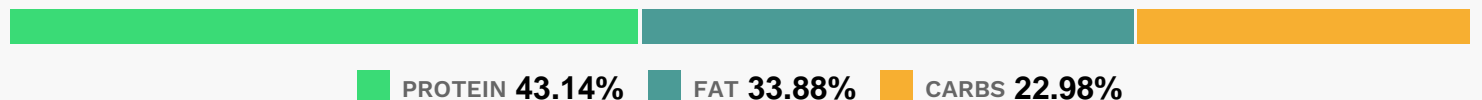
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 45
- Place flour in a medium bowl. Gradually add milk and broth, stirring with a whisk until blended.
- Melt margarine in a medium saucepan over medium heat; stir in chicken broth mixture. Cook 8 minutes or until thick and bubbly, stirring constantly with a whisk.
- Add 1/4 cup cheese; cook 1 minute. (Cheese will not completely melt.)
- Remove from heat; stir in sherry.
- Slice each toasted bread slice in half diagonally. Arrange 4 toast triangles on a baking sheet, overlapping triangles. Top each with 3 ounces turkey, about 3/4 cup cheese sauce, 2 tomato slices, 2 teaspoons bacon bits, and 1 tablespoon remaining cheese. Repeat procedure with remaining ingredients to make 4 sandwiches.
- Bake at 450 in the upper third of the oven for 8 minutes or until thoroughly heated.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:64.17, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:14.803913174764%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 310.08kcal (15.5%), Fat: 11.63g (17.89%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.08g (6.21%), Sugar: 2.49g (2.76%), Cholesterol: 78.46mg (26.15%), Sodium: 1716.77mg (74.64%), Alcohol: 0.58g (100%), Alcohol %: 0.22% (100%), Protein: 33.32g (66.64%), Vitamin B3: 13.29mg (66.44%), Phosphorus: 480.46mg (48.05%), Selenium: 23.77µg (33.95%), Vitamin B6: 0.57mg (28.25%), Calcium: 223.57mg (22.36%), Potassium: 615.75mg (17.59%), Vitamin B2: 0.27mg (15.69%), Vitamin B5: 1.33mg (13.35%), Vitamin B1: 0.18mg (12.1%), Manganese: 0.24mg (11.97%), Magnesium: 47.12mg (11.78%), Vitamin B12: 0.6µg (10.02%), Zinc: 1.38mg (9.23%), Iron: 1.56mg (8.65%), Folate: 32.44µg (8.11%), Copper: 0.13mg (6.69%), Vitamin A: 302.97IU (6.06%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.4µg (2.67%), Fiber: 0.66g (2.65%)