



Hot Brown Turkey Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 4 servings dijon mustard for spreading
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 1.3 cups milk
- ☐ 1.3 cups monterrey jack cheese grated
- ☐ 1 small onion chopped

- ☐ 3 cups rotisserie chicken cut shredded sliced
- ☐ 1 tomatoes sliced
- ☐ 4 slices bread white thick toasted

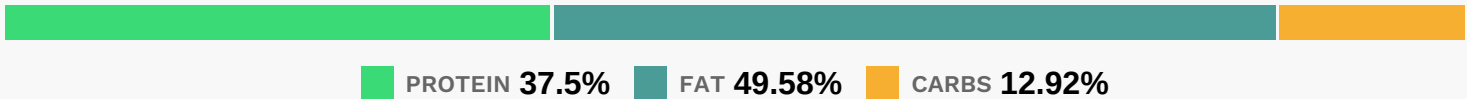
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ broiler

Directions

- ☐ Preheat the broiler. Cook the bacon in a large skillet over medium heat until crisp, about 10 minutes.
- ☐ Transfer to a paper towel-lined plate.
- ☐ Pour out all but about 1 tablespoon fat from the skillet.
- ☐ Add the onion to the skillet and cook, stirring, until soft, about 3 minutes.
- ☐ Add the flour and cook, stirring, 1 more minute. Increase the heat to medium high, add the milk and chicken broth and bring to a boil, stirring. Reduce the heat to medium low and simmer, stirring, until slightly thickened, about 6 minutes.
- ☐ Remove from the heat and stir in 1 cup cheese. Season with salt and pepper. Arrange the bread on a baking sheet.
- ☐ Spread each slice with mustard, then drizzle with some of the gravy and top with the sliced tomato. Toss the turkey with the remaining gravy in the skillet. Divide the turkey evenly among the bread slices, then sprinkle with the remaining 1/4 cup cheese. Broil until golden, about 2 minutes. Crumble the bacon over the sandwiches; sprinkle with the parsley.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:85.94, Glycemic Load:12.98, Inflammation Score:-7, Nutrition Score:17.330434830292%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 728.52kcal (36.43%), Fat: 40.21g (61.85%), Saturated Fat: 16.05g (100.29%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 21.88g (7.96%), Sugar: 6.97g (7.74%), Cholesterol: 229.07mg (76.36%), Sodium: 1433.2mg (62.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.43g (136.85%), Vitamin K: 65.25µg (62.14%), Calcium: 430.4mg (43.04%), Phosphorus: 347.86mg (34.79%), Selenium: 20.96µg (29.94%), Vitamin B2: 0.38mg (22.55%), Vitamin B1: 0.31mg (20.81%), Vitamin A: 981.45IU (19.63%), Vitamin B3: 3.92mg (19.6%), Vitamin B12: 0.92µg (15.27%), Zinc: 2.17mg (14.47%), Folate: 54.96µg (13.74%), Manganese: 0.27mg (13.43%), Vitamin C: 10.52mg (12.75%), Potassium: 420.86mg (12.02%), Vitamin B6: 0.23mg (11.6%), Iron: 1.97mg (10.94%), Magnesium: 39.71mg (9.93%), Vitamin D: 1.16µg (7.74%), Vitamin B5: 0.74mg (7.41%), Fiber: 1.68g (6.73%), Copper: 0.13mg (6.6%), Vitamin E: 0.52mg (3.47%)