



Hot Browns

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter
- ☐ 12 slices bacon cooked
- ☐ 0.3 pound ham cooked thinly sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 3.5 cups milk
- ☐ 1 medium onion diced

- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.3 pound turkey cooked thinly sliced
- ☐ 12 slices sandwich bread

Equipment

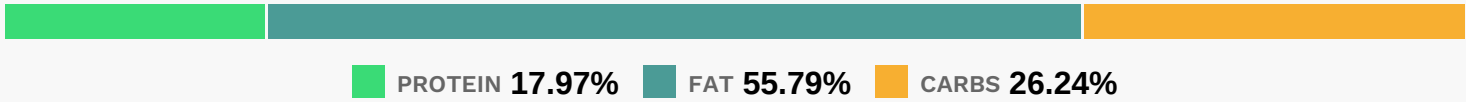
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Trim crusts from bread slices, and discard.
- ☐ Cut 6 bread slices in half diagonally.
- ☐ Place all bread on a baking sheet; broil 3 inches from heat (with electric oven door partially open) until golden, turning once.
- ☐ Arrange 1 whole and 2 half bread slices in a single layer in 6 lightly greased individual oval baking dishes.
- ☐ Melt 2 tablespoons butter in a large skillet over medium heat; add mushrooms, and saut 5 minutes.
- ☐ Drain and remove from skillet.
- ☐ Melt 1/2 cup butter in skillet over low heat; whisk in flour. Cook, whisking constantly, 1 minute. Gradually whisk in milk; add onion, salt, and pepper. Cook over medium heat, whisking constantly, until thickened and bubbly.
- ☐ Add Cheddar cheese, stirring until melted.
- ☐ Pour half of sauce evenly over toast; top evenly with sliced ham, sliced turkey, mushrooms, and remaining sauce.
- ☐ Broil 5 inches from heat (with electric oven door partially open) until bubbly and lightly browned; remove from oven.

- ☐ Top each with 2 bacon slices,and sprinkle evenly with Parmesan cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:26.59, Inflammation Score:-8, Nutrition Score:24.028695692187%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 666.11kcal (33.31%), Fat: 41.38g (63.66%), Saturated Fat: 13.97g (87.29%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 41.67g (15.15%), Sugar: 11.14g (12.38%), Cholesterol: 80.11mg (26.7%), Sodium: 1434.55mg (62.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.96%), Selenium: 43.45µg (62.07%), Phosphorus: 518.43mg (51.84%), Calcium: 481.89mg (48.19%), Vitamin B1: 0.66mg (43.97%), Vitamin B2: 0.74mg (43.71%), Vitamin B3: 7.93mg (39.63%), Vitamin B12: 1.69µg (28.12%), Vitamin A: 1325.89IU (26.52%), Zinc: 3.41mg (22.73%), Folate: 90.52µg (22.63%), Manganese: 0.44mg (21.85%), Vitamin B6: 0.43mg (21.64%), Vitamin B5: 2mg (20.01%), Potassium: 627.87mg (17.94%), Iron: 2.88mg (16.01%), Magnesium: 58.19mg (14.55%), Copper: 0.26mg (13.17%), Vitamin D: 1.89µg (12.58%), Fiber: 2.13g (8.53%), Vitamin C: 6.61mg (8.01%), Vitamin E: 1.18mg (7.84%), Vitamin K: 1.18µg (1.12%)