



Kentucky Hot Brown

READY IN



11 min.

SERVINGS



2

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 bacon cooked drained
- 1 cup milk fat-free
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon paprika
- 1 ounce parmigiano-reggiano cheese fresh grated
- 1 plum tomatoes cut into 4 wedges

- 0.1 teaspoon salt
- 3 ounces oven-roasted turkey breast warmed sliced
- 3 ounce bread white toasted

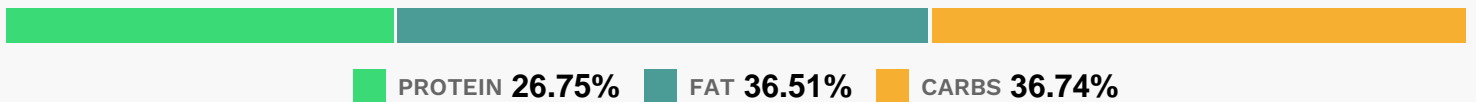
Equipment

- sauce pan
- whisk

Directions

- To prepare sauce, melt butter in a medium saucepan.
- Add flour, stirring well with a whisk. Gradually add milk, pepper, and salt, stirring constantly with a whisk until blended.
- Place over medium heat; cook until thick (about 5 minutes), stirring constantly.
- Remove from heat; stir in cheese.
- To prepare sandwiches, layer turkey slices evenly on toast slices; pour sauce evenly over turkey, and sprinkle evenly with paprika. Top with bacon, and sprinkle with parsley.
- Serve warm with tomato wedges.

Nutrition Facts



Properties

Glycemic Index:188.51, Glycemic Load:19.49, Inflammation Score:-8, Nutrition Score:21.059565212416%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 363.34kcal (18.17%), Fat: 14.73g (22.67%), Saturated Fat: 7.56g (47.26%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 31.63g (11.5%), Sugar: 9.78g (10.87%), Cholesterol: 57.97mg (19.32%), Sodium: 1246.98mg (54.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Vitamin K: 69.49µg (66.18%), Calcium: 437.45mg (43.74%), Phosphorus: 434.5mg (43.45%), Selenium: 26.55µg (37.93%), Vitamin B3: 7.39mg (36.94%), Vitamin B1: 0.4mg (26.72%), Vitamin A: 1262.44IU (25.25%), Vitamin B2: 0.39mg (23.09%), Vitamin B6: 0.39mg (19.57%), Manganese: 0.37mg (18.65%), Folate: 71.59µg (17.9%), Vitamin B12: 1.04µg (17.32%), Potassium: 570.75mg (16.31%), Magnesium: 53.21mg (13.3%), Iron: 2.37mg (13.18%), Vitamin B5: 1.31mg (13.11%), Zinc: 1.92mg (12.79%), Vitamin C: 9.57mg (11.6%), Vitamin D: 1.49µg (9.95%), Fiber: 1.73g (6.94%), Copper: 0.11mg (5.57%), Vitamin E: 0.73mg (4.88%)