



## Kentucky Hot Browns

 Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



2172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 beefsteak tomatoes ripe cooked cut into 1/ slices and griddled until slightly charred and just through
- 0.5 inch day old bread white good thick (recommended: Pullman or Pain de mie)
- 4 tablespoons butter
- 16 slices bacon thick crisp cooked
- 4 servings egg battered bread
- 4 large eggs
- 2 tablespoons flour all-purpose
- 4 servings chives fresh finely chopped

- 1 leaf flat parsley fresh finely chopped
- 0.3 cup milk
- 1 pinch nutmeg freshly ground
- 0.3 cup parmesan grated
- 0.5 cup parmesan freshly grated
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 1.5 cups sharp cheddar white grated
- 2 cups sharp cheddar white grated
- 4 servings roasted turkey breast sliced into 1/ slices
- 2 tablespoons butter unsalted
- 4 tablespoons butter unsalted soft
- 4 tablespoons vegetable oil
- 2.5 cups milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- broiler

## Directions

- Preheat oven to 425 degrees F.
- Rub entire breast with butter and season with salt and pepper.
- Place in a small roasting pan and roast for 15 minutes. Reduce the heat to 350 degrees F and continue roasting until an instant-read thermometer inserted into the center registers 155 degrees F, about 1 to 1 1/2 hours.
- Remove from the oven, loosely tent with foil and let rest 10 minutes before slicing.
- Melt butter over medium heat in a medium saucepan.
- Whisk in the flour and cook for 1 minute.
- Whisk in the milk, bring to a boil and cook, whisking constantly, until thickened and the flour has cooked out, about 4 to 5 minutes.
- Whisk in cheese and cook until the cheese has melted. Season with nutmeg and salt and pepper, to taste.
- Whisk together the eggs, milk and salt in a medium bowl. Dip each slice of bread in the mixture and let sit about 30 seconds, or until completely soaked through.
- Heat 2 tablespoons of butter and 2 tablespoons of oil in a large nonstick saute pan over medium-high heat. Cook 4 slices of the bread at a time until golden brown on both sides.
- Remove and place on a baking sheet. Repeat with the remaining bread.
- Preheat broiler.
- Place the egg bread on a baking sheet, place under the broiler and heat on both sides for 20 seconds just to warm through.
- Top each slice of bread with 2 to 3 slices of turkey and 2 slices of tomato, ladle sauce over the top and divide the cheddar cheese and Parmesan over the top of each slice.
- Place under the broiler and cook until bubbly and the top is golden brown.
- Remove from the oven, top each slice with 2 slices of bacon and sprinkle each slice with chives and parsley.

## Nutrition Facts

 **PROTEIN 41.87%**  **FAT 48.91%**  **CARBS 9.22%**

## Properties

Glycemic Index:150.19, Glycemic Load:8.66, Inflammation Score:-10, Nutrition Score:68.407825884612%

## Flavonoids

Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 2172.26kcal (108.61%), Fat: 118.59g (182.45%), Saturated Fat: 53.89g (336.8%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 45.79g (16.65%), Sugar: 16.91g (18.79%), Cholesterol: 872.91mg (290.97%), Sodium: 3728.25mg (162.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 228.46g (456.92%), Vitamin B3: 85.43mg (427.17%), Selenium: 261.69µg (373.84%), Vitamin B6: 6.73mg (336.6%), Phosphorus: 2947.96mg (294.8%), Vitamin B2: 2.48mg (145.64%), Calcium: 1354.81mg (135.48%), Vitamin B12: 8µg (133.32%), Zinc: 17.52mg (116.83%), Vitamin A: 5022.79IU (100.46%), Potassium: 3145.96mg (89.88%), Vitamin B5: 8.73mg (87.27%), Magnesium: 306.91mg (76.73%), Vitamin B1: 0.95mg (63.19%), Vitamin K: 57.83µg (55.08%), Folate: 203.98µg (50.99%), Iron: 8.25mg (45.82%), Vitamin C: 35.86mg (43.46%), Copper: 0.77mg (38.35%), Vitamin E: 5.44mg (36.28%), Manganese: 0.7mg (35.23%), Vitamin D: 4.97µg (33.11%), Fiber: 4.5g (17.99%)