



Kentucky Hot Browns

READY IN



35 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon cooked
- ☐ 4 servings sauce
- ☐ 4 oz parmesan shredded
- ☐ 3 plum tomatoes sliced
- ☐ 0.8 pound turkey sliced
- ☐ 4 slices sandwich bread white thick

Equipment

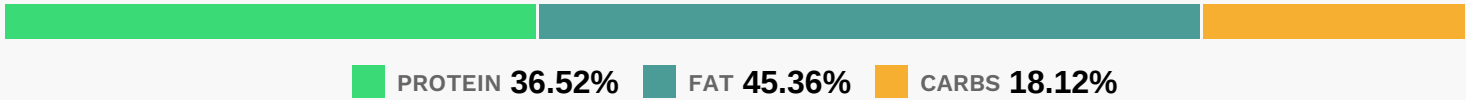
- ☐ baking sheet

- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack 6 inches from heat.
- ☐ Place bread slices on a baking sheet and broil 1 to 2 minutes on each side or until toasted.
- ☐ Arrange bread slices in 4 lightly greased broiler-safe individual baking dishes. Top bread with turkey slices.
- ☐ Pour hot Mornay Sauce over turkey.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Broil 6 inches from heat 3 to 4 minutes or until bubbly and lightly browned; remove from oven. Top sandwiches with tomatoes and bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:9.49, Inflammation Score:-6, Nutrition Score:16.263478465702%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 348.24kcal (17.41%), Fat: 17.34g (26.67%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.44g (5.25%), Sugar: 3.05g (3.39%), Cholesterol: 78.59mg (26.2%), Sodium: 924.16mg (40.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.8%), Selenium: 33.15µg (47.36%), Phosphorus: 408.74mg (40.87%), Calcium: 401.46mg (40.15%), Vitamin B3: 7.83mg (39.15%), Vitamin B6: 0.53mg (26.67%), Vitamin B12: 1.25µg (20.85%), Vitamin B2: 0.31mg (18.34%), Vitamin B1: 0.27mg (18.24%), Zinc: 2.64mg (17.62%), Vitamin A: 648.74IU (12.97%), Magnesium: 44.39mg (11.1%), Potassium: 380.64mg (10.88%), Manganese: 0.22mg (10.87%), Iron: 1.87mg (10.39%), Folate: 40.94µg (10.23%), Vitamin B5: 0.97mg (9.72%), Vitamin C: 6.37mg (7.72%), Copper: 0.13mg (6.54%), Fiber: 1.13g (4.53%), Vitamin K: 4.21µg (4.01%), Vitamin E: 0.49mg (3.27%), Vitamin D: 0.39µg (2.58%)