



## Lightened Hot Browns

READY IN



15 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 slices bacon crumbled cooked reduced-fat
- ☐ 0.8 pound deli-roasted turkey breast sliced
- ☐ 0.3 cup freshly parmesan cheese shredded
- ☐ 4 servings parmesan cheese sauce
- ☐ 3 plum tomatoes sliced
- ☐ 1 oz bread white toasted

## Equipment

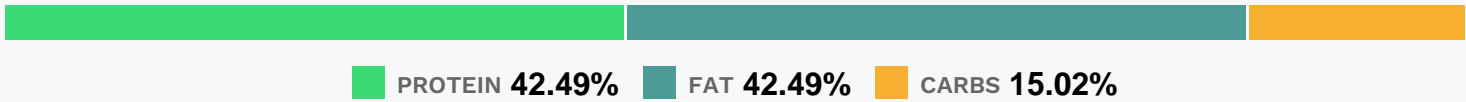
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Arrange desired bread slices on an aluminum foil-lined 15- x 10-inch jelly-roll pan. Top evenly with turkey and Parmesan Cheese Sauce; sprinkle with Parmesan cheese.
- ☐ Broil 6 inches from heat 4 to 6 minutes or until bubbly and lightly browned; remove from oven. Top with crumbled bacon and tomato slices; serve immediately.
- ☐ Club-Style Lightened Hot Browns With Caramelized Onions: Melt 2 Tbsp. butter in a medium skillet over medium heat.
- ☐ Add 1 large sweet onion, sliced, and 1/4 tsp. salt. Cook, stirring often, 15 to 20 minutes or until onions are caramel colored.
- ☐ Place desired bread slices on jelly-roll pan, and layer with 1/4 lb. each of sliced deli-roasted turkey, roast beef, and ham. Top with Parmesan Cheese Sauce and onions; sprinkle with Parmesan cheese. Broil as directed. Top with crumbled bacon and tomato slices; serve immediately.
- ☐ Southwestern Lightened Hot Browns: Substitute 4 (2-inch-thick) square cornbread slices, halved and toasted, for bread.
- ☐ Place on jelly-roll pan, and top with turkey, Spicy Cheese Sauce, and 1 (5-oz) can chopped green chiles, drained. Substitute shredded Mexican four-cheese blend for Parmesan cheese, and sprinkle over sandwiches; broil as directed. Top with crumbled bacon and tomato slices; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:41.69, Glycemic Load:3.28, Inflammation Score:-6, Nutrition Score:11.28913042338%

## 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: 278.49kcal (13.92%), Fat: 13.11g (20.18%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 9.71g (3.53%), Sugar: 3.34g (3.71%), Cholesterol: 59.79mg (19.93%), Sodium: 1765.04mg (76.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.01%), Phosphorus: 499.1mg (49.91%), Calcium: 459.04mg (45.9%), Selenium: 13.86µg (19.8%), Zinc: 2.11mg (14.1%), Vitamin A: 673.49IU (13.47%), Copper: 0.27mg (13.44%), Magnesium: 48.42mg (12.11%), Potassium: 366.12mg (10.46%), Vitamin B2: 0.16mg (9.69%), Iron: 1.68mg (9.34%), Vitamin B12: 0.52µg (8.7%), Vitamin B3: 1.55mg (7.76%), Vitamin C: 6.37mg (7.72%), Vitamin B1: 0.11mg (7.47%), Vitamin B6: 0.12mg (5.98%), Manganese: 0.1mg (5.2%), Folate: 17.38µg (4.34%), Vitamin K: 4.3µg (4.1%), Vitamin B5: 0.33mg (3.33%), Fiber: 0.72g (2.88%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.21µg (1.42%)