



Open-Faced Turkey, Bacon, and Cheddar Sandwiches

READY IN



8 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons spiced apple butter
- 9 slices precooked bacon halved
- 6 ounce ciabatta rolls cut in half horizontally
- 1 pound 7%-less-sodium deli turkey thinly sliced (such as Boar's Head)
- 3 ounces sharp cheddar cheese shredded reduced-fat

Equipment

- baking sheet

broiler

Directions

Preheat broiler.

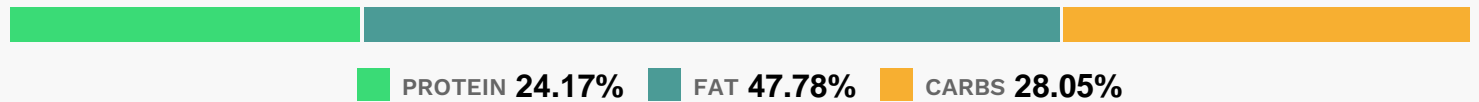
Place rolls, cut sides up, on a baking sheet. Lightly coat cut sides of rolls with cooking spray. Broil 2 minutes or until toasted.

Spread 1 tablespoon apple butter over each roll half. Divide turkey evenly among roll halves.

Place 3 half-slices of bacon over turkey; sprinkle evenly with cheese. Broil 2 minutes or until cheese melts.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:6.1556522182148%

Nutrients (% of daily need)

Calories: 353.28kcal (17.66%), Fat: 18.7g (28.76%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 24.12g (8.77%), Sugar: 7.33g (8.15%), Cholesterol: 60.15mg (20.05%), Sodium: 1353.76mg (58.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.57%), Phosphorus: 289.19mg (28.92%), Selenium: 10.71µg (15.3%), Calcium: 112.56mg (11.26%), Copper: 0.22mg (11.06%), Zinc: 1.57mg (10.47%), Magnesium: 28.88mg (7.22%), Potassium: 246.7mg (7.05%), Vitamin B3: 1.35mg (6.74%), Vitamin B1: 0.1mg (6.45%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.44%), Vitamin B12: 0.32µg (5.25%), Vitamin B6: 0.1mg (5.19%), Vitamin A: 157.98IU (3.16%), Manganese: 0.06mg (2.93%), Vitamin B5: 0.25mg (2.5%), Fiber: 0.57g (2.27%), Vitamin E: 0.26mg (1.71%), Vitamin D: 0.22µg (1.45%)