



Open turkey BLT

READY IN



20 min.

SERVINGS



2

CALORIES



1125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 turkey breast cutlets
- ☐ 4 bacon smoked
- ☐ 2 slices cheese such as cheddar or gruyere
- ☐ 1 loaf ciabatta bread cut in half horizontally
- ☐ 2 tbsp mayonnaise
- ☐ 1 medium tomatoes sliced
- ☐ 0.5 avocado peeled thinly sliced
- ☐ 4 romaine leaves good (Little Gem is)

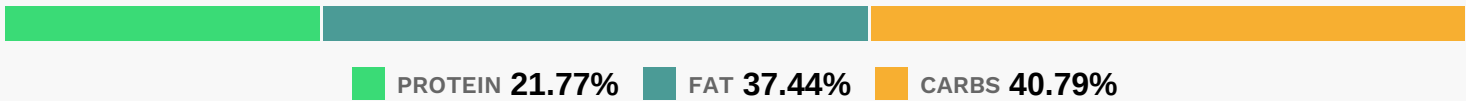
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the grill to high.
- ☐ Lay the turkey steaks and bacon on a large baking tray and grill for 3 mins on each side or until cooked through. Set the bacon aside and top the turkey steaks with the cheese slices.
- ☐ Put the ciabatta slices next to the turkey in the pan and return them both to the grill until the bread is toasted and the cheese is melted.
- ☐ Spread the toast with the mayonnaise and top with the cheesy turkey steaks, tomato, avocado, lettuce and bacon.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:19.518695955691%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1125.32kcal (56.27%), Fat: 46.89g (72.15%), Saturated Fat: 14.83g (92.68%), Carbohydrates: 114.97g (38.32%), Net Carbohydrates: 107.91g (39.24%), Sugar: 2.6g (2.89%), Cholesterol: 132.84mg (44.28%), Sodium: 1736.08mg (75.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.36g (122.72%), Vitamin A: 4445.39IU (88.91%), Vitamin K: 38.58µg (36.74%), Fiber: 7.06g (28.24%), Vitamin C: 22.09mg (26.78%), Selenium: 17.57µg (25.11%), Phosphorus: 249.31mg (24.93%), Calcium: 230.72mg (23.07%), Folate: 74.74µg (18.68%), Vitamin B6:

0.36mg (18.19%), Potassium: 594.03mg (16.97%), Vitamin B2: 0.29mg (16.87%), Vitamin B3: 3.22mg (16.08%),
Vitamin E: 2.37mg (15.79%), Vitamin B1: 0.24mg (15.69%), Manganese: 0.29mg (14.7%), Zinc: 2.09mg (13.93%),
Vitamin B5: 1.14mg (11.36%), Magnesium: 40.56mg (10.14%), Vitamin B12: 0.53µg (8.89%), Copper: 0.16mg (8.11%),
Iron: 1.31mg (7.27%), Vitamin D: 0.37µg (2.48%)