



Southwestern Hot Browns

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green chopped canned
- 8 slices bacon cooked
- 4 large cornbread squares thick
- 4 servings cheese sauce
- 4 ounces sharp cheddar cheese shredded
- 2 large tomatoes halved sliced
- 1 pound roasted turkey

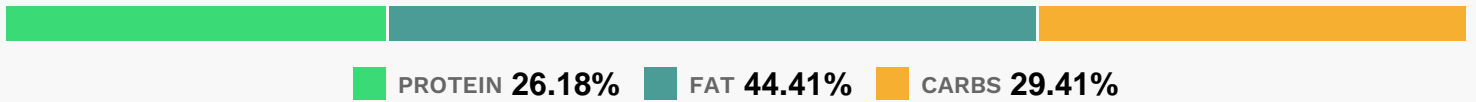
Equipment

- frying pan
- baking sheet
- oven

Directions

- Place cornbread on baking sheet, and broil 3 inches from heat until toasted, turning once.
- Arrange 2 halves cornbread in each of 4 lightly greased individual baking dishes. Top cornbread evenly with green chiles over turkey before adding Cheese Sauce.
- Sprinkle shredded sharp Cheddar cheese evenly over sauce.
- Broil 6 inches from heat 4 minutes or until bubbly and lightly browned; remove from oven. Top evenly with bacon and tomato.
- Serve immediately.
- Note: A lightly greased 15- x 10-inch jellyroll pan may be substituted for individual baking dishes. Arrange cornbread halves evenly in bottom of pan. Top evenly with green chiles over turkey before adding Cheese Sauce; sprinkle shredded sharp Cheddar cheese. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:22.377391276152%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 527.11kcal (26.36%), Fat: 25.99g (39.99%), Saturated Fat: 10.85g (67.82%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 35.73g (12.99%), Sugar: 12.18g (13.53%), Cholesterol: 136.45mg (45.48%), Sodium: 1043.16mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.95%), Phosphorus: 599.21mg (59.92%), Selenium: 38.6µg (55.14%), Vitamin B3: 9.78mg (48.9%), Vitamin B6: 0.75mg (37.48%), Calcium: 313.34mg (31.33%), Vitamin C: 23.43mg (28.41%), Vitamin B12: 1.6µg (26.59%), Vitamin B2: 0.44mg (26.06%),

Vitamin A: 1238.24IU (24.76%), Zinc: 3.55mg (23.66%), Vitamin B1: 0.29mg (19.16%), Folate: 75.46µg (18.87%), Potassium: 613.53mg (17.53%), Iron: 2.67mg (14.83%), Vitamin B5: 1.4mg (14.05%), Magnesium: 54.23mg (13.56%), Manganese: 0.25mg (12.65%), Fiber: 3.01g (12.06%), Vitamin K: 10.09µg (9.61%), Copper: 0.19mg (9.28%), Vitamin E: 1.15mg (7.66%), Vitamin D: 0.48µg (3.17%)