



The Calvert (Stink's Favorite)

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pieces applewood bacon smoked crisp cooked
- 0.5 avocado sliced into thin strips
- 5 inch round rosemary focaccia
- 2 tablespoons balsamic mayonnaise
- 5 slices monterrey jack cheese
- 4 ounces oven-roasted turkey sliced

Equipment

- grill

panini press

Directions

- Spread the balsamic mayonnaise on the inside of top and bottom of focaccia.
- Place with mayonnaise sides facing up on a flat top grill at 350 degrees F. Drape 2 slices of cheese over top and 2 slices over bottom of roll so as to cover the entire surface area.
- Place dome over focaccia to facilitate melting and even heat. While cheese is melting, place turkey on grill to warm.
- Place bacon in an "x" over the turkey. Cover with avocado and remaining cheese. Once cheese is melted all around (focaccia and turkey) assemble the grilled cheese and close.
- Place finished sandwich in a panini grill until roll is crisp and has added squishiness! EAT!!!

Nutrition Facts

 **PROTEIN 20.26%**  **FAT 72.7%**  **CARBS 7.04%**

Properties

Glycemic Index:93.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:21.278695407121%

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

Nutrients (% of daily need)

Calories: 605.02kcal (30.25%), Fat: 49.82g (76.65%), Saturated Fat: 19.79g (123.7%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 4.78g (1.74%), Sugar: 1.19g (1.32%), Cholesterol: 111.62mg (37.21%), Sodium: 1245.23mg (54.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Calcium: 617.97mg (61.8%), Phosphorus: 521.71mg (52.17%), Vitamin B3: 7.02mg (35.12%), Vitamin K: 35.12µg (33.45%), Selenium: 22.87µg (32.67%), Vitamin B6: 0.61mg (30.34%), Vitamin B2: 0.43mg (25.07%), Fiber: 6.07g (24.29%), Zinc: 3.2mg (21.31%), Folate: 77.47µg (19.37%), Potassium: 611.53mg (17.47%), Vitamin A: 832.64IU (16.65%), Iron: 2.98mg (16.55%), Magnesium: 64.96mg (16.24%), Vitamin B5: 1.54mg (15.44%), Vitamin B12: 0.79µg (13.12%), Vitamin E: 1.96mg (13.05%), Vitamin B1: 0.17mg (11.08%), Vitamin C: 8.91mg (10.8%), Manganese: 0.21mg (10.67%), Copper: 0.18mg (8.8%), Vitamin D: 0.59µg (3.95%)