



The Classic Hot Brown

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings cheddar cheese sauce
- ☐ 2 bacon crumbled cooked
- ☐ 0.3 teaspoon paprika
- ☐ 12 ounce texas toast croutons lightly toasted
- ☐ 3 inch tomatoes (2 tomatoes)
- ☐ 12 ounces turkey breast cooked thinly sliced

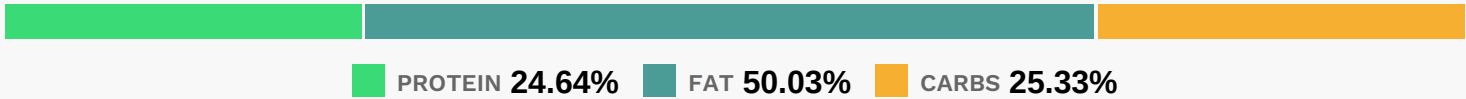
Equipment

- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Arrange toast in a 13 x 9-inch baking pan or baking dish. Top each toast slice with 2 ounces turkey and 2 tomato slices; sprinkle with pepper. Spoon Cheddar Cheese Sauce evenly over tomatoes, and sprinkle with bacon and paprika. Broil until lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:11.624782648423%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 391.83kcal (19.59%), Fat: 22.02g (33.87%), Saturated Fat: 9.08g (56.76%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 23.6g (8.58%), Sugar: 3g (3.34%), Cholesterol: 63.26mg (21.09%), Sodium: 655.04mg (28.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.78%), Iron: 8.91mg (49.52%), Selenium: 22.72µg (32.46%), Vitamin B3: 5.94mg (29.7%), Phosphorus: 282.25mg (28.23%), Vitamin B6: 0.48mg (23.87%), Calcium: 221.02mg (22.1%), Vitamin B2: 0.22mg (13.07%), Zinc: 1.93mg (12.84%), Vitamin B12: 0.7µg (11.74%), Vitamin A: 365.01IU (7.3%), Vitamin B5: 0.6mg (5.97%), Fiber: 1.48g (5.93%), Magnesium: 23.53mg (5.88%), Potassium: 179.64mg (5.13%), Vitamin B1: 0.04mg (2.88%), Folate: 10.51µg (2.63%), Copper: 0.04mg (2.23%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.25µg (1.65%), Manganese: 0.02mg (1.05%)