



Toasted Club Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 slices bacon fully cooked
- ☐ 1 oz deli ham
- ☐ 1 oz deli turkey breast
- ☐ 4 iceberg lettuce leaves halved
- ☐ 0.8 cup mayonnaise
- ☐ 16 slices plum tomatoes
- ☐ 12 slices sourdough bread toasted
- ☐ 0.8 oz swiss cheese
- ☐ 2 tablespoons mustard yellow

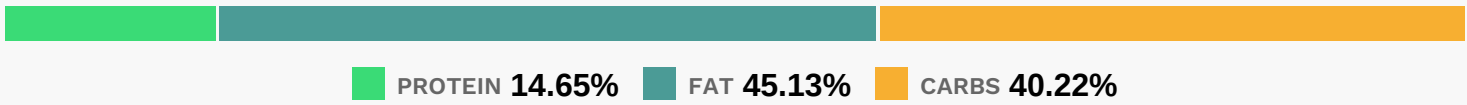
Equipment

☐ bowl

Directions

- ☐ Stir together mayonnaise and yellow mustard in a small bowl.
- ☐ Spread mayonnaise mixture evenly onto 1 side of toasted bread slices.
- ☐ Layer 4 bread slices, mayonnaise sides up, with 1 slice ham, 1 slice turkey, 2 bacon slices, 1 Swiss cheese slice, 2 tomato slices, and 1/2 lettuce leaf. Top each with 1 bread slice, mayonnaise side down; layer with remaining ham, turkey, bacon, cheese, and lettuce. Top with remaining 4 bread slices, mayonnaise sides down.
- ☐ Cut each sandwich into quarters, and, if desired, secure with wooden picks.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Sourdough Bread.

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:77.07, Inflammation Score:-8, Nutrition Score:33.485652311988%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1009.29kcal (50.46%), Fat: 50.52g (77.72%), Saturated Fat: 11.2g (70.02%), Carbohydrates: 101.3g (33.77%), Net Carbohydrates: 96.61g (35.13%), Sugar: 9.48g (10.54%), Cholesterol: 62.48mg (20.83%), Sodium: 2152.2mg (93.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.9g (73.81%), Selenium: 79.48µg (113.54%), Vitamin B1: 1.61mg (107.4%), Vitamin K: 72.23µg (68.8%), Vitamin B3: 13.71mg (68.56%), Folate: 242.89µg (60.72%), Vitamin B2: 0.95mg (55.99%), Manganese: 1.06mg (53.18%), Iron: 8.17mg (45.38%), Phosphorus: 407.64mg (40.76%), Zinc: 3.59mg (23.96%), Vitamin B6: 0.48mg (23.87%), Magnesium: 81.25mg (20.31%), Fiber: 4.69g (18.76%), Copper: 0.36mg (17.77%), Calcium: 162.08mg (16.21%), Vitamin E: 2.04mg (13.59%), Potassium: 465.93mg (13.31%), Vitamin B5: 1.21mg (12.14%), Vitamin B12: 0.65µg (10.83%), Vitamin A: 163.48IU (3.27%), Vitamin

D: 0.27μg (1.79%)