



Toasted Turkey and Bacon Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon ranch dressing
- ☐ 8 slices bread crumbs italian soft (1/)
- ☐ 4 oz turkey breast shaved cooked (from deli)
- ☐ 4 slices bacon cooked halved
- ☐ 4 slices tomatoes halved
- ☐ 2 oz cheddar cheese halved
- ☐ 2 tablespoons butter softened

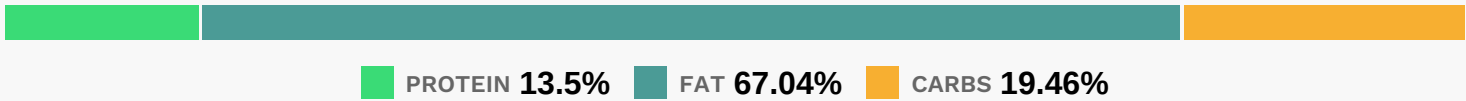
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix mayonnaise and dressing.
- ☐ Spread on one side of each slice of bread. Top each of 4 bread slices with turkey, bacon, tomato, cheese and remaining bread slices, mayonnaise mixture side down.
- ☐ Spread butter on one side of each sandwich. In 12-inch skillet, place sandwiches, butter side down.
- ☐ Spread butter over top of each sandwich. Cover; cook over medium-low heat 6 to 8 minutes or until bottoms are golden brown.
- ☐ Turn sandwiches; cover and cook 5 to 6 minutes longer or until bottoms are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:9.3604348120482%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 466.02kcal (23.3%), Fat: 34.81g (53.56%), Saturated Fat: 13.7g (85.63%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.01g (7.64%), Sugar: 13.35g (14.83%), Cholesterol: 41.32mg (13.77%), Sodium: 579.5mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin B3: 5.62mg (28.12%), Selenium: 14.8µg (21.14%), Phosphorus: 194.2mg (19.42%), Vitamin K: 18.91µg (18.01%), Vitamin B6: 0.3mg (14.81%), Vitamin A: 631.94IU (12.64%), Calcium: 111.47mg (11.15%), Vitamin B2: 0.17mg (10.03%), Folate: 34.78µg (8.7%), Zinc: 1.28mg (8.51%), Vitamin B1: 0.13mg (8.41%), Potassium: 276.97mg (7.91%), Vitamin B12: 0.44µg (7.3%), Fiber: 1.72g (6.9%), Iron: 1.19mg (6.61%), Magnesium: 23.63mg (5.91%), Vitamin E: 0.83mg (5.55%), Vitamin C: 3.71mg (4.5%),

Vitamin B5: 0.44mg (4.39%), Copper: 0.05mg (2.29%), Manganese: 0.04mg (1.9%), Vitamin D: 0.16µg (1.09%)