



Turkey and Bacon Rolls

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

Ingredients

- ☐ 8 slices bacon thin
- ☐ 1 teaspoon a tablespoon of basil fresh dry finely chopped
- ☐ 2 cloves garlic minced
- ☐ 8 slices ham thin
- ☐ 4 slices provolone cheese
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound turkey breast cutlets

Equipment

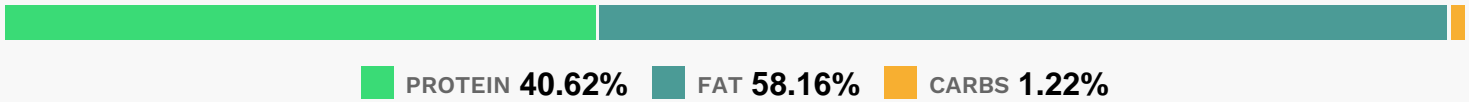
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place each cutlet on a piece of aluminum foil (about 5x6 inches).
- ☐ Sprinkle each cutlet with salt, pepper, garlic, and basil. 2
- ☐ Layer a slice of cheese and a couple slices of ham on to each cutlet. Starting with the narrowest end, roll up the cutlet tightly. Gently wrap 2 slices of bacon around each cutlet. Fold up the aluminum foil around the turkey roll and wrap it tightly. 3
- ☐ Place in a baking dish and put in the 375°F for 25 minutes.
- ☐ Remove from oven and gently open up the aluminum foil wrappings to expose the bacon. Increase the oven temp to 400°F. Cook for an additional 10–15 minutes until the bacon is lightly browned.
- ☐ Serve immediately.
- ☐ Serve alone or with rice, or pan-fried vegetables.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:10.32478255487%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 510.08kcal (25.5%), Fat: 32.43g (49.89%), Saturated Fat: 12.45g (77.82%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.12g (0.14%), Cholesterol: 147.74mg (49.25%), Sodium: 1146.57mg (49.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.95g (101.9%), Selenium: 24.53µg (35.04%), Vitamin B1: 0.46mg (30.98%), Phosphorus: 279.91mg (27.99%), Vitamin B3: 4.31mg (21.55%), Vitamin B6: 0.36mg (18.13%), Zinc: 2.45mg (16.34%), Calcium: 152.96mg (15.3%), Vitamin B12: 0.86µg (14.26%), Vitamin B2: 0.22mg

(13.07%), Potassium: 280.92mg (8.03%), Vitamin B5: 0.6mg (6.01%), Iron: 0.98mg (5.47%), Magnesium: 21.8mg (5.45%), Vitamin D: 0.66µg (4.42%), Copper: 0.08mg (3.79%), Vitamin A: 185.48IU (3.71%), Vitamin E: 0.44mg (2.91%), Manganese: 0.05mg (2.63%)