



Turkey, Bacon, and Havarti Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette
- 4 slices bacon fully cooked
- 0.5 pound deli turkey smoked thinly sliced
- 6 oz havarti cheese
- 12 oz roasted bell peppers red drained sliced
- 1 loaf round sourdough bread (7-inch)

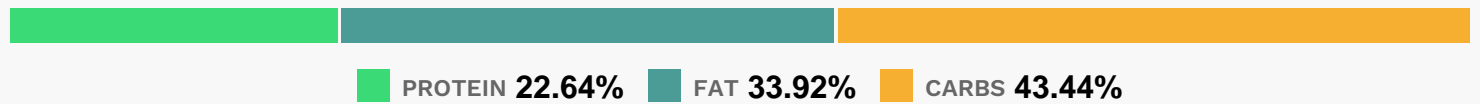
Equipment

- plastic wrap

Directions

- Cut top 2 inches off sourdough loaf, reserving top; hollow out loaf, leaving a 1-inch-thick shell. (Reserve center of bread loaf for other uses, if desired.)
- Drizzle 2 Tbsp. vinaigrette evenly in bottom bread shell; layer with half each of turkey, cheese, and peppers. Repeat layers with remaining turkey, cheese, and peppers, and top with bacon.
- Drizzle evenly with remaining 2 Tbsp. vinaigrette, and cover with reserved bread top; press down firmly.
- Wrap in plastic wrap, and chill at least 1 hour or up to 8 hours before serving.
- Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:45.31, Inflammation Score:-8, Nutrition Score:25.760434604209%

Nutrients (% of daily need)

Calories: 607.64kcal (30.38%), Fat: 23.01g (35.39%), Saturated Fat: 9.56g (59.76%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 62.76g (22.82%), Sugar: 6.69g (7.43%), Cholesterol: 63.49mg (21.16%), Sodium: 3110.14mg (135.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.09%), Vitamin B1: 0.89mg (59.43%), Selenium: 40.32µg (57.59%), Phosphorus: 523.88mg (52.39%), Vitamin C: 39.76mg (48.19%), Folate: 178.42µg (44.6%), Vitamin B2: 0.67mg (39.29%), Manganese: 0.76mg (37.82%), Calcium: 360.47mg (36.05%), Vitamin B3: 6.81mg (34.04%), Iron: 5.88mg (32.68%), Zinc: 3.76mg (25.1%), Copper: 0.47mg (23.47%), Magnesium: 74.82mg (18.71%), Vitamin B6: 0.35mg (17.68%), Vitamin A: 782.43IU (15.65%), Fiber: 3.51g (14.05%), Potassium: 441.36mg (12.61%), Vitamin B12: 0.67µg (11.23%), Vitamin B5: 0.64mg (6.45%), Vitamin E: 0.56mg (3.75%)