



Turkey, Bacon, and Havarti Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

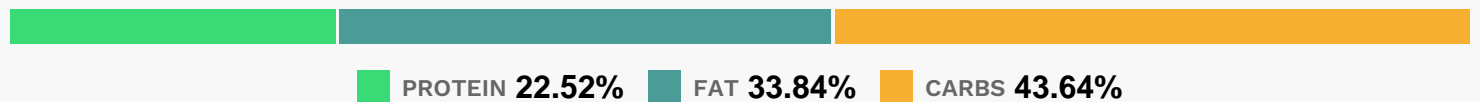
Equipment

plastic wrap

Directions

- Cut top 2 inches off sourdough loaf, reserving top; hollow out loaf, leaving a 1-inch-thick shell. (Reserve soft center of bread loaf for other uses, if desired.)
- Drizzle 2 tablespoons vinaigrette evenly in bottom bread shell; layer with half of turkey, peppers, and cheese. Repeat layers, and top with bacon.
- Drizzle evenly with remaining 2 tablespoons 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.
- Garnish, if desired.
- Note: For testing purposes only, we used Newman's Own Balsamic Vinaigrette salad dressing.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:45.31, Inflammation Score:-8, Nutrition Score:27.339130440484%

Nutrients (% of daily need)

Calories: 615.44kcal (30.77%), Fat: 23.29g (35.82%), Saturated Fat: 9.61g (60.08%), Carbohydrates: 67.57g (22.52%), Net Carbohydrates: 63.41g (23.06%), Sugar: 7.52g (8.35%), Cholesterol: 63.49mg (21.16%), Sodium: 3635.34mg (158.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Vitamin B1: 0.92mg (61.46%), Selenium: 40.32µg (57.59%), Phosphorus: 534.28mg (53.43%), Vitamin C: 41.13mg (49.85%), Folate: 183.62µg (45.9%), Vitamin B2: 0.7mg (41.47%), Calcium: 395.57mg (39.56%), Manganese: 0.79mg (39.35%), Vitamin B3: 6.88mg (34.4%), Iron: 6.03mg (33.51%), Zinc: 3.84mg (25.57%), Copper: 0.49mg (24.32%), Magnesium: 79.37mg (19.84%), Vitamin B6: 0.38mg (18.79%), Vitamin A: 901.38IU (18.03%), Fiber: 4.16g (16.65%), Potassium: 514.16mg (14.69%), Vitamin B12: 0.67µg (11.23%), Vitamin K: 11.71µg (11.16%), Vitamin B5: 0.68mg (6.77%), Vitamin E: 0.64mg (4.27%)