



 **16%**  
HEALTH SCORE

## Turkey BLT with Creamy Dijon Mustard

READY IN



45 min.

SERVINGS



4

CALORIES



1218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons dijon mustard
- 1 loaf bread crumbs fresh italian
- 2 tablespoons olive oil
- 4 the of 1 cos lettuce cut in half
- 2 tablespoons salad dressing (i.e. Miracle Whip)
- 8 slices swiss cheese
- 2 tomatoes sliced
- 12 oz at least of turkey bacon (16 slices)
- 1 medium onion sliced

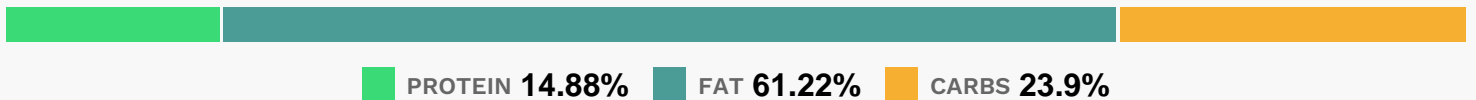
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- stove
- panini press

## Directions

- Preheat oven at 350 degrees.Cook bacon in skillet on stove top.Slice italian bread in to 8 even slices.
- Mix together dijon mustard and salad dressing in a small bowl.
- Spread a thin layer of creamy dijon mustard to one side of each slice of bread.Top one of the slices with 2 pieces of cheese, 2 romaine leaves, 2 slices of tomato, 1 slice of onion and 4 slices of turkey bacon.Top with other half of bread.
- Drizzle the top of the bread with olive oil and place on baking sheet.
- Bake in the oven, turning half way until each side of bread is toasted and cheese is melted (approximately 4-5 minutes per side).Variation- instead of toasting in oven, use a panini maker or toast in a skillet on stove top.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:27.779565217391%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg

Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

## Taste

Sweetness: 55.38%, Saltiness: 72.89%, Sourness: 20.21%, Bitterness: 17.74%, Savoriness: 54.53%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 1218.29kcal (60.91%), Fat: 83.38g (128.27%), Saturated Fat: 36.21g (226.34%), Carbohydrates: 73.25g (24.42%), Net Carbohydrates: 66.73g (24.27%), Sugar: 42.01g (46.68%), Cholesterol: 114.97mg (38.32%), Sodium: 2631.75mg (114.42%), Protein: 45.58g (91.16%), Phosphorus: 686.99mg (68.7%), Vitamin A: 3244.63IU (64.89%), Selenium: 36.67µg (52.38%), Vitamin K: 48.62µg (46.31%), Vitamin B3: 8.75mg (43.77%), Folate: 149.19µg (37.3%), Calcium: 350.26mg (35.03%), Zinc: 4.64mg (30.95%), Iron: 5.11mg (28.37%), Vitamin B2: 0.46mg (27.26%), Potassium: 942.05mg (26.92%), Fiber: 6.52g (26.07%), Vitamin B6: 0.49mg (24.28%), Vitamin B12: 1.33µg (22.22%), Vitamin B1: 0.31mg (20.85%), Magnesium: 79.02mg (19.75%), Vitamin E: 2.67mg (17.77%), Vitamin C: 13.59mg (16.47%), Copper: 0.25mg (12.46%), Manganese: 0.23mg (11.36%), Vitamin B5: 0.36mg (3.55%), Vitamin D: 0.34µg (2.27%)