

Club Sandwich, Turkey

Category: Entrees:Sandwiches
 Master Ref:

Yield:
 Portion:

100
 1 sandwich

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
661 kcal	28 gm	52 gm	36 gm	51 %	143 mg	1891 mg	1 gm	314 mg

Step	Amount	Ingredients
1	12-1/2 lb	Turkey,Breast,Cooked,Sliced
2	6-1/4 lb	Cheese,Swiss,Sliced
3	14 lb	Bacon,Cooked,Sliced
4	200 slice	Bread,White,Sliced

- 1 Slice turkey thinly and line up 2 oz. portions neatly in 2" insert.
- 2 Slice Swiss cheese into 1 oz. portions and line overlapping in 2" insert.
- 3 Grill bacon until golden and crisp. Drain.
- 4 Toast bread.
- 5 Sandwich assembly:
 1 slice toast,
 (lettuce and tomato slice if desired),
 3 bacon
 2 slices turkey
 1 oz. Swiss cheese
 2nd slice of toast

Club Sandwich, Turkey

Nutrition Facts

Serving Size 1 sandwich (199g)

Servings Per Container 1

Amount Per Serving

Calories 661 **Calories from Fat** 328

% Daily Value*

Total Fat 36g **56%**

Saturated Fat 14g **71%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 14g

Cholesterol 143mg **48%**

Sodium 1891mg **79%**

Potassium 596mg **17%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 52g **104%**

Vitamin A 5% ● Vitamin C 0%

Calcium 31% ● Iron 21%

Thiamin 35% ● Riboflavin 29%

Niacin 68% ● Vitamin B6 30%

Folacin 15% ● Vitamn B12 32%

Phosphorus 68% ● Zinc 32%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * **Carbohydrate** 4 * **Protein** 4