

Turkey Croissant Clubs

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Servings: 4

*12 strips (about 12 ounces) bacon
2 avocados, mashed
1 tablespoon fresh lemon juice
Kosher salt
freshly ground pepper
6 croissants, halved and toasted
mayonnaise
1 beefsteak tomato, sliced into eight rounds
8 pieces red or green leaf lettuce
1/3 pound thinly sliced deli turkey*

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Put a cooling rack on a rimmed baking sheet. Lay the bacon on the rack and bake until crisp, 15 to 25 minutes. Halve crosswise.

Meanwhile, combine the mashed avocados with the lemon juice. Season with salt and pepper.

Arrange four croissant bottoms on a work surface, cut side up. Spread with mayonnaise, then add one tomato slice, salt and pepper. Divide half of the lettuce, turkey and bacon among the four croissant bottoms.

Set aside four croissant tops. Spread half of the mashed avocado on one side of the remaining four croissant halves. Place atop the stacks, avocado side down. Spread the remaining mashed avocado on the other side of the croissant halves, then top each stack with the remaining bacon, turkey, lettuce and tomato. Season with salt and pepper. Spread mayonnaise on the cut side of the reserved croissant tops. Set into place, then carefully cut the sandwiches in half, if desired, using a serrated bread knife.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 619 Calories; 43g Fat (60.9% calories from fat); 15g Protein; 47g Carbohydrate; 5g Dietary Fiber; 73mg Cholesterol; 949mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 8 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	619	Vitamin B6 (mg):	.4mg
% Calories from Fat:	60.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	29.8%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	43g	Folacin (mcg):	117mcg
Saturated Fat (g):	16g	Niacin (mg):	5mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	73mg	% Refuse:	0%
Carbohydrate (g):	47g		
Dietary Fiber (g):	5g		
Protein (g):	15g		
Sodium (mg):	949mg		
Potassium (mg):	800mg		
Calcium (mg):	45mg		
Iron (mg):	3mg		
Zinc (mg):	2mg		
Vitamin C (mg):	16mg		
Vitamin A (i.u.):	1252IU		
Vitamin A (r.e.):	220 1/2RE		

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 619 **Calories from Fat:** 377

% Daily Values*

Total Fat 43g	66%
Saturated Fat 16g	79%
Cholesterol 73mg	24%
Sodium 949mg	40%
Total Carbohydrates 47g	16%
Dietary Fiber 5g	20%
Protein 15g	
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Vitamin A	25%
Vitamin C	27%
Calcium	5%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.