



Avocado, Turkey & Cheese Torta

READY IN



20 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 fully avocado ripe
- 4 oz chiles green undrained chopped canned
- 16 slices oscar mayer deli honey turkey breast smoked fresh
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 Tbsp oil
- 1 cup queso quesadilla cheese shredded with a touch of philadelphia kraft
- 2 Tbsp classic ranch dressing kraft
- 1.5 cups taco bellâ® refried beans

6 ciabatta sandwich rolls split

Equipment

bowl

panini press

Directions

Heat panini grill.

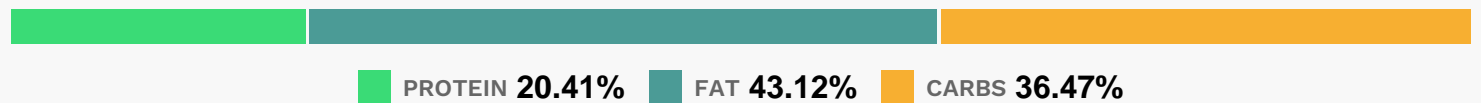
Hollow out roll halves slightly; discard removed bread or reserve for another use. Mash avocado in medium bowl. Stir in cilantro, dressing and garlic; spread onto insides of bottom halves of rolls. Top with turkey, cheese and chiles.

Spread beans onto insides of tops of rolls. Reassemble rolls to make 6 sandwiches.

Brush both sides of sandwiches with oil.

Cook, in batches if necessary, in panini grill 5 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.85, Inflammation Score:-2, Nutrition Score:7.0873912746978%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 413.53kcal (20.68%), Fat: 19.94g (30.68%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 32.2g (11.71%), Sugar: 2.33g (2.59%), Cholesterol: 50.32mg (16.77%), Sodium: 1193.67mg (51.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.48%), Calcium: 317.38mg (31.74%), Fiber: 5.73g (22.92%), Vitamin K: 17.47µg (16.64%), Vitamin C: 10.15mg (12.3%), Folate: 37.97µg (9.49%), Vitamin E: 1.23mg (8.2%), Phosphorus: 79.38mg (7.94%), Iron: 1.25mg (6.93%), Potassium: 236.24mg (6.75%), Copper: 0.12mg (6.05%), Vitamin B6: 0.12mg (5.87%), Vitamin B5: 0.53mg (5.28%), Magnesium: 16.78mg (4.19%), Vitamin B3:

0.71mg (3.58%), Vitamin A: 169.46IU (3.39%), Vitamin B2: 0.06mg (3.25%), Manganese: 0.06mg (3.04%), Zinc: 0.43mg (2.88%), Vitamin B1: 0.03mg (1.77%)