

STARTER & SNACK

Guacamole and Turkey Sandwiches

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.32	117 kcal

Guacamole and Turkey Sandwiches might be just the Mexican recipe you are searching for. Watching your figure? This dairy free recipe has 135 calories, 12g of protein, and 4g of fat per serving. This recipe serves 4 and costs \$1.32 per serving.

Ingredients

☐ 2/3 cup alfalfa sprouts	☐ 1/2 cup coarsely mashed avocado
☐ 8 ounces thinly sliced deli turkey	☐ 1/4 cup chopped fresh cilantro
☐ 0.1 teaspoon ground red pepper	☐ 1 tablespoon fresh lime juice
☐ 1 ounce whole grain bread	☐ 4 plum tomatoes, each cut into 4 slices
☐ 1/2 cup thinly sliced red onion	☐ 1/4 teaspoon salt

Method

- 1 Combine avocado and lime juice.
- 2 Spread 2 tablespoons avocado mixture on each of 4 bread slices. Arrange the tomato slices over avocado mixture; sprinkle evenly with salt and pepper. Divide sprouts, onion, cilantro, and turkey evenly over tomato slices. Top with remaining bread slices.

Nutrition per serving

117	11 g	4 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Fibre			2.9 g · 12% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			859 mg · 37% of daily needs
Cholesterol			18.1 mg · 6% of daily needs
Vitamin C			13.7 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/guacamole-and-turkey-sandwiches-148443