



Mexican Layered Sandwich

READY IN



30 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 8-inch flour tortilla (es in diameter)
- 0.5 cup romaine leaves shredded
- 0.5 pound turkey cooked thinly sliced
- 0.5 cup guacamole
- 0.5 cup cheddar cheese shredded
- 2.3 ounces olives ripe drained sliced canned
- 0.3 cup bell pepper red chopped
- 3 medium spring onion sliced
- 2 tablespoons cilantro leaves fresh chopped

0.3 cup cream sour

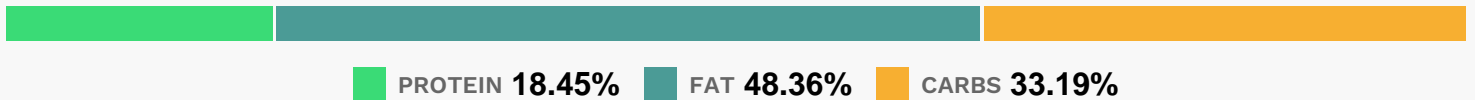
1 serving salsa

Equipment

Directions

- Place 1 tortilla on serving platter. Top with lettuce, half of the turkey and another tortilla.
- Reserve 1 tablespoon guacamole; spread remaining guacamole evenly over second tortilla.
- Sprinkle with half each of the cheese, olives, bell pepper and green onions.
- Top with third tortilla and remaining turkey; sprinkle with cilantro. Top with remaining tortilla.
- Spread sour cream evenly over sandwich.
- Sprinkle with remaining cheese, olives, bell pepper and green onions. Top with reserved guacamole.
- Serve immediately, or cover and refrigerate up to 3 hours. To serve, cut into 6 wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:5.74, Inflammation Score:-9, Nutrition Score:14.107391178608%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 257.11kcal (12.86%), Fat: 14.03g (21.58%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 18.06g (6.57%), Sugar: 2.75g (3.06%), Cholesterol: 34.39mg (11.46%), Sodium: 554.26mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.09%), Vitamin A: 2069.58IU (41.39%), Selenium: 16.72µg (23.88%), Vitamin K: 23.91µg (22.77%), Vitamin C: 17.86mg (21.65%), Vitamin B3: 4.21mg (21.06%),

Phosphorus: 193.24mg (19.32%), Folate: 69.98µg (17.5%), Vitamin B1: 0.23mg (15.67%), Vitamin B2: 0.27mg (15.63%), Vitamin B6: 0.31mg (15.3%), Calcium: 151.54mg (15.15%), Manganese: 0.29mg (14.49%), Fiber: 3.6g (14.41%), Iron: 2mg (11.12%), Potassium: 318.22mg (9.09%), Zinc: 1.27mg (8.49%), Vitamin E: 1.27mg (8.45%), Magnesium: 30.79mg (7.7%), Vitamin B12: 0.45µg (7.46%), Vitamin B5: 0.68mg (6.8%), Copper: 0.12mg (6.23%)