



Mexican Layered Sandwich

READY IN



30 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

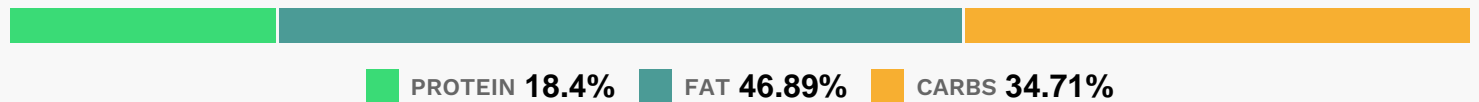
- 0.3 cup cream sour
- 0.5 pound turkey cooked thinly sliced

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:15.081304371357%

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: 264.84kcal (13.24%), Fat: 14.08g (21.66%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 19.38g (7.05%), Sugar: 3.77g (4.19%), Cholesterol: 34.39mg (11.46%), Sodium: 729.19mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin A: 2197.58IU (43.95%), Selenium: 16.96µg (24.23%), Vitamin K: 25.03µg (23.84%), Vitamin B3: 4.51mg (22.56%), Vitamin C: 18.37mg (22.26%),

Phosphorus: 201.77mg (20.18%), Folate: 71.05µg (17.76%), Vitamin B6: 0.35mg (17.65%), Fiber: 4.08g (16.33%),
Vitamin B1: 0.24mg (16.29%), Vitamin B2: 0.27mg (16.13%), Manganese: 0.32mg (16%), Calcium: 159mg (15.9%), Iron:
2.11mg (11.75%), Potassium: 387.02mg (11.06%), Vitamin E: 1.59mg (10.62%), Zinc: 1.33mg (8.85%), Magnesium:
34.79mg (8.7%), Vitamin B12: 0.45µg (7.46%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (7.1%)