



## Open-Face Southwest Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

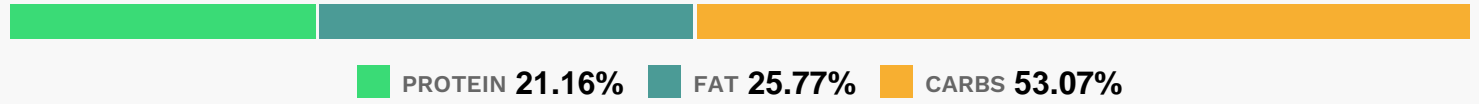
- 1 Tbsp olives black chopped
- 1 Tbsp chiles green canned drained chopped
- 0.1 tsp chili powder
- 0.3 cup milk colby & monterey jack cheeses shredded 2% kraft
- 6 slices oscar mayer deli honey turkey breast smoked fresh
- 2 slices bread french
- 1 Tbsp miracle whip dressing light

### Equipment

## Directions

- Spread bread with dressing; sprinkle with chili powder.
- Top with remaining ingredients.
- Broil 5 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:8.05, Glycemic Load:5.12, Inflammation Score:-1, Nutrition Score:2.1486956678007%

## Nutrients (% of daily need)

Calories: 54.76kcal (2.74%), Fat: 1.58g (2.43%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.86g (0.96%), Cholesterol: 4.82mg (1.61%), Sodium: 185.8mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin B1: 0.09mg (6.12%), Selenium: 4.16µg (5.94%), Folate: 17.18µg (4.3%), Phosphorus: 40.04mg (4%), Vitamin B2: 0.07mg (3.99%), Manganese: 0.07mg (3.4%), Iron: 0.61mg (3.39%), Vitamin B3: 0.64mg (3.18%), Calcium: 30.95mg (3.1%), Zinc: 0.28mg (1.86%), Copper: 0.03mg (1.71%), Magnesium: 6.45mg (1.61%), Fiber: 0.38g (1.5%)