



Santa Fe Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados pitted peeled sliced
- ☐ 0.5 cup olives black sliced
- ☐ 0.5 teaspoon chili powder
- ☐ 8 oz deli turkey sliced
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup mayonnaise
- ☐ 12 servings garnish: lettuce and salsa shredded
- ☐ 0.3 teaspoon salt

- ☐ 8 oz cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 hoagie buns split
- ☐ 6 tomatoes sliced

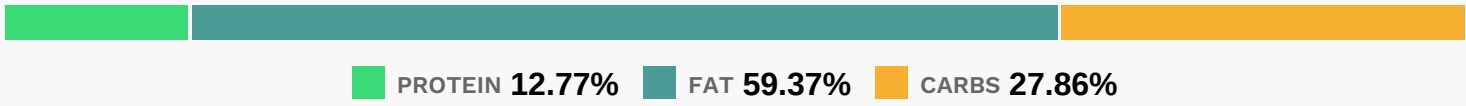
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Arrange hoagie buns open-faced on an ungreased baking sheet; set aside.
- ☐ In a bowl, mix together mayonnaise, sour cream and seasonings; spread over each bun.
- ☐ Equally layer remaining ingredients except garnish in the order listed; bake at 350 degrees for 15 minutes.
- ☐ Garnish with lettuce and salsa.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:12.67, Inflammation Score:-7, Nutrition Score:14.551304604696%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 376.55kcal (18.83%), Fat: 25.55g (39.3%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 21.46g (7.8%), Sugar: 6.05g (6.72%), Cholesterol: 37.73mg (12.58%), Sodium: 856.48mg (37.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.73%), Vitamin K: 38.49µg (36.65%), Iron: 6.18mg (34.31%), Fiber: 5.51g (22.04%), Vitamin A: 1069.97IU (21.4%), Phosphorus: 195.91mg (19.59%), Vitamin C: 14.67mg (17.79%), Calcium: 177.03mg (17.7%), Vitamin E: 2.54mg (16.9%), Vitamin B6: 0.34mg (16.77%), Potassium: 583.7mg (16.68%), Vitamin B3: 3.01mg (15.05%), Folate: 58.95µg (14.74%), Vitamin B2: 0.22mg (12.91%), Selenium: 8.95µg (12.79%), Vitamin B5: 1mg (10.05%), Manganese: 0.19mg (9.62%), Zinc: 1.43mg (9.52%), Magnesium: 37.49mg (9.37%), Copper: 0.18mg (8.87%), Vitamin B1: 0.09mg (5.77%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.17µg (1.13%)