



## Taco Turkey Wedges

READY IN



20 min.

SERVINGS



8

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 flour
- 0.5 cup olives pitted ripe chopped
- 2 tablespoons cream sour
- 2 tablespoons salad dressing
- 6.3 oz taco seasoning
- 1 small tomatoes sliced
- 4 oz turkey cooked thinly sliced
- 2 oz monterrey jack cheese with jalapeño peppers thinly sliced
- 2 oz cheddar cheese thinly sliced

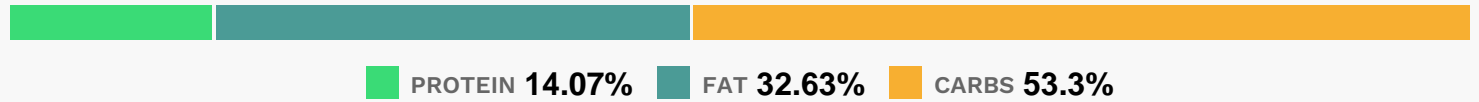
# Equipment

- bowl
- toothpicks
- skewers

# Directions

- Cut bread horizontally in half. In small bowl, mix olives, sour cream, mayonnaise and taco seasoning.
- Spread olive mixture evenly over cut sides of bottom and top halves of bread.
- Layer tomato, turkey and cheeses on bottom half. Top with top half. Secure loaf with toothpick or small skewer.
- Cut loaf into 8 wedges.

# Nutrition Facts



# Properties

Glycemic Index:16.63, Glycemic Load:9.44, Inflammation Score:-8, Nutrition Score:7.0017392739006%

# Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 269.06kcal (13.45%), Fat: 10.18g (15.66%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 32.03g (11.65%), Sugar: 5.85g (6.5%), Cholesterol: 22.41mg (7.47%), Sodium: 2321.27mg (100.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.75%), Vitamin A: 2356.73IU (47.13%), Fiber: 5.38g (21.54%), Vitamin C: 11.57mg (14.02%), Calcium: 113.1mg (11.31%), Iron: 1.73mg (9.6%), Phosphorus: 88.22mg (8.82%), Selenium: 5.43µg (7.76%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.69mg (4.58%), Vitamin B12: 0.26µg (4.38%), Vitamin B3: 0.87mg (4.37%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.55mg (3.68%), Vitamin K: 3.37µg (3.21%), Magnesium: 9mg (2.25%), Potassium: 70.93mg (2.03%), Copper: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.48%), Folate: 5.61µg (1.4%), Vitamin B1: 0.02mg (1.02%)