



## Taco Turkey Wedges

READY IN



20 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bread
- 2 oz cheddar cheese thinly sliced
- 2 oz monterrey jack cheese with jalapeño peppers thinly sliced
- 0.5 cup olives pitted ripe chopped
- 2 tablespoons salad dressing
- 2 tablespoons cream sour
- 1 teaspoon taco seasoning
- 1 small tomatoes sliced
- 4 oz turkey cooked 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:18.83, Glycemic Load:1.07, Inflammation Score:-2, Nutrition Score:3.9052174194999%

## 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: 107.78kcal (5.39%), Fat: 7.92g (12.18%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.09g (1.21%), Cholesterol: 22.41mg (7.47%), Sodium: 285.59mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Calcium: 117.47mg (11.75%), Phosphorus: 92.73mg (9.27%), Selenium: 6.44µg (9.2%), Vitamin A: 280.26IU (5.61%), Vitamin B2: 0.09mg (5.54%), Vitamin B3: 1.07mg (5.34%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.49%), Vitamin B12: 0.26µg (4.38%), Vitamin E: 0.56mg (3.72%), Vitamin K: 3.54µg (3.37%), Manganese: 0.06mg (2.94%), Magnesium: 10.43mg (2.61%), Fiber: 0.56g (2.23%), Potassium: 75.87mg (2.17%), Folate: 8.58µg (2.15%), Iron: 0.36mg (1.99%), Vitamin B1: 0.03mg (1.97%), Vitamin C: 1.61mg (1.95%), Copper: 0.04mg (1.78%), Vitamin B5: 0.18mg (1.77%)