



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Turkey & Guacamole Sandwich ♦

A delicious sandwich filled with turkey and guacamole. Perfect for a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>150 g</b>	Turkey
<b>50 g</b>	guacamole
<b>4 slices</b>	bread
<b>4 leaves</b>	lettuce
<b>4 slices</b>	Tomato
<b>2 tbsp</b>	mayonnaise

# Directions

---

## Step 1

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

Layer turkey, lettuce, and tomato slices on two bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 3

Spread guacamole on the other two bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Place the guacamole-covered bread slices on top of the turkey, lettuce, and tomato slices to make sandwiches.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Grill

### Nutritional Content

Low Calorie

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Course

Salads

Snacks

### Cultural

Chinese New Year

## Meal Type

Breakfast

Lunch

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)