



Asian Turkey Lettuce Wrap

 **Gluten Free**  **Very Healthy**  **Low Fod Map**

READY IN



10 min.

SERVINGS



1

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 0.5 cup coleslaw blend shredded (cabbage slaw mix)
- 1 singles fat free halved kraft
- 2 lettuce leaves
- 2 tsp real mayo mayonnaise kraft
- 1 tsp lite soy sauce

Equipment

- plastic wrap

Directions

- Toss coleslaw blend with mayo and soy sauce; spoon evenly onto lettuce leaves.
- Top with remaining ingredients. Fold in sides of lettuce leaves; roll up to completely enclose filling.
- Serve immediately. Or, wrap tightly in plastic wrap and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:51.97782564228%

Nutrients (% of daily need)

Calories: 420.48kcal (21.02%), Fat: 11.4g (17.54%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 85.63g (28.54%), Net Carbohydrates: 34.82g (12.66%), Sugar: 6.35g (7.05%), Cholesterol: 18.88mg (6.29%), Sodium: 1014.11mg (44.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Vitamin K: 748.47µg (712.83%), Manganese: 6.08mg (303.87%), Iron: 44.66mg (248.09%), Fiber: 50.8g (203.22%), Calcium: 1920.68mg (192.07%), Vitamin E: 22.01mg (146.71%), Vitamin A: 5592.96IU (111.86%), Magnesium: 341.07mg (85.27%), Folate: 300.08µg (75.02%), Vitamin B6: 1.3mg (64.78%), Potassium: 1698.7mg (48.53%), Copper: 0.88mg (43.92%), Vitamin B2: 0.69mg (40.35%), Phosphorus: 319.07mg (31.91%), Vitamin B3: 5.92mg (29.59%), Zinc: 3.75mg (25.02%), Vitamin B1: 0.26mg (17.45%), Vitamin C: 11.36mg (13.77%), Vitamin B5: 1.13mg (11.26%), Selenium: 5.84µg (8.35%)