



Asian Turkey Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

Ingredients

- 2 Tbsp carrots shredded
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 8-inch flour tortilla fat-free ()
- 1 romaine leaves
- 1 Tbsp real mayo mayonnaise kraft
- 1 milk singles 2% kraft
- 1 tsp lite teriyaki sauce

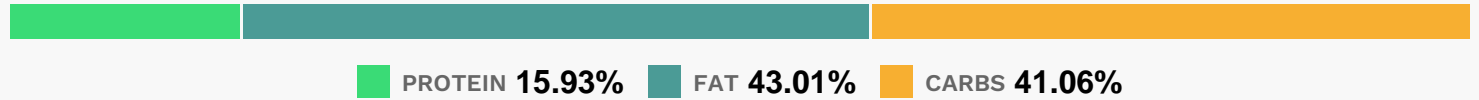
Equipment

bowl

Directions

- Mix mayo and teriyaki sauce in medium bowl.
- Add lettuce and carrots; toss to coat.
- Top tortilla with turkey, 2% Milk Singles and lettuce mixture; roll up.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:1.6343478422774%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 31.1kcal (1.56%), Fat: 1.48g (2.28%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.52g (0.58%), Cholesterol: 2.12mg (0.71%), Sodium: 125.18mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin A: 679.87IU (13.6%), Vitamin K: 3.01µg (2.87%), Phosphorus: 24.53mg (2.45%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.04mg (1.84%), Selenium: 1.19µg (1.71%), Folate: 6.39µg (1.6%), Iron: 0.28mg (1.56%), Vitamin B3: 0.27mg (1.35%), Fiber: 0.29g (1.15%), Vitamin B2: 0.02mg (1.14%), Calcium: 10.18mg (1.02%)