



Asparagus-Turkey Wraps with Roasted-Pepper Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- 2 cups alfalfa sprouts
- 24 asparagus
- 4 8-inch flour tortilla ()
- 0.1 teaspoon ground pepper red
- 1.5 teaspoons honey
- 1 teaspoon juice of lemon fresh
- 0.3 cup mayonnaise light

- 1 bell pepper red
- 4 the of 1 cos lettuce
- 0.1 teaspoon salt
- 1 ounce turkey breast cooked

Equipment

- bowl
- baking sheet
- blender
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Snap off the tough ends of asparagus. Steam asparagus, covered, 2 minutes or until crisp-tender.
- Cut bell pepper in half lengthwise; discard seeds and membranes.
- Place bell pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes; peel.
- Place the bell pepper, honey, juice, salt, and ground red pepper in a blender; process until smooth.
- Combine bell pepper mixture and mayonnaise in a small bowl.
- Warm the tortillas according to the package directions.
- Spread 1 tablespoon of the mayonnaise mixture evenly over each tortilla.
- Layer each tortilla with 1 romaine leaf, 2 turkey slices, 1/2 cup sprouts, and 6 asparagus spears; roll up.
- Serve with remaining mayonnaise mixture.

Nutrition Facts

PROTEIN 14.8% FAT 27.95% CARBS 57.25%

Properties

Glycemic Index:45.57, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:23.438260992746%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

Nutrients (% of daily need)

Calories: 240.48kcal (12.02%), Fat: 7.72g (11.87%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 30.2g (10.98%), Sugar: 8.01g (8.9%), Cholesterol: 6.07mg (2.02%), Sodium: 584.89mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin A: 4158.91IU (83.18%), Vitamin K: 86.37µg (82.25%), Vitamin C: 46.47mg (56.33%), Folate: 156.99µg (39.25%), Vitamin B1: 0.45mg (29.77%), Manganese: 0.52mg (25.83%), Iron: 4.54mg (25.22%), Selenium: 15.82µg (22.6%), Vitamin B3: 4.37mg (21.83%), Fiber: 5.35g (21.41%), Vitamin B2: 0.36mg (20.94%), Phosphorus: 201.88mg (20.19%), Vitamin B6: 0.29mg (14.41%), Copper: 0.29mg (14.33%), Vitamin E: 1.93mg (12.84%), Potassium: 428.06mg (12.23%), Calcium: 116.3mg (11.63%), Magnesium: 38.88mg (9.72%), Zinc: 1.19mg (7.93%), Vitamin B5: 0.64mg (6.4%)