



Autumn Wrapsody

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 6 ounces applewood-smoked bacon cubed (in one piece)
- 1 bosc pear diced
- 4 chives whole chopped
- 1 medium delicata squash cubed unpeeled ()
- 4 ounces gorgonzola blue crumbled
- 2 cups torn kale leaves
- 4 servings kosher salt and pepper freshly ground

- 2 tablespoons olive oil extra-virgin
- 6 leaves sage chopped
- 4 10-inch tortillas whole-wheat
- 0.8 pound maple-glazed roasted turkey breast cubed sliced
- 0.3 cup walnuts chopped

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- tongs

Directions

- Preheat the oven to 400 degrees F. Toss the squash, bacon, sage and 1/4 teaspoon each salt and pepper on a rimmed baking sheet. Roast, turning once, until the squash is tender and the bacon is crisp, 20 minutes.
- Meanwhile, fill a small bowl with ice water. Bring a small saucepan of water to a boil. Hold the whole chives together with tongs and dip in the boiling water 30 seconds.
- Remove and dip in the ice water to cool, then remove and drain on paper towels.
- Whisk the chopped chives, vinegar, olive oil, and salt and pepper to taste in a large bowl.
- Add the squash-bacon mixture, the turkey, pear and kale; toss. Season with salt and pepper.
- Warm the tortillas in a dry skillet over medium heat, 30 seconds per side. Spoon one-quarter of the turkey-squash mixture down the center of each wrap. Top evenly with the gorgonzola and nuts.
- Roll each into a cone shape and tie closed with a whole chive.
- Photograph by Sam Kaplan

Nutrition Facts

PROTEIN 19.94% FAT 51.8% CARBS 28.26%

Properties

Glycemic Index:50.69, Glycemic Load:13.22, Inflammation Score:-9, Nutrition Score:30.980434811634%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 756.24kcal (37.81%), Fat: 44.02g (67.72%), Saturated Fat: 14.7g (91.91%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 48g (17.46%), Sugar: 9.85g (10.95%), Cholesterol: 95.25mg (31.75%), Sodium: 1502.59mg (65.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.13g (76.25%), Vitamin B3: 14.37mg (71.85%), Selenium: 48.53µg (69.32%), Phosphorus: 581.55mg (58.16%), Vitamin B6: 1.11mg (55.34%), Manganese: 0.87mg (43.65%), Vitamin A: 2080.5IU (41.61%), Vitamin B1: 0.58mg (38.46%), Vitamin B2: 0.57mg (33.38%), Folate: 127.87µg (31.97%), Calcium: 313.43mg (31.34%), Copper: 0.58mg (28.81%), Potassium: 973.54mg (27.82%), Vitamin C: 21.16mg (25.65%), Iron: 4.42mg (24.54%), Fiber: 6.05g (24.19%), Zinc: 3.29mg (21.95%), Magnesium: 81.91mg (20.48%), Vitamin B12: 1.09µg (18.24%), Vitamin B5: 1.8mg (18.04%), Vitamin K: 15.47µg (14.73%), Vitamin E: 1.56mg (10.37%), Vitamin D: 0.4µg (2.65%)