



Bacon and Swiss Wraps with Adobo Spread

READY IN



21 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices precooked bacon cut in half
- 7 ounce chipotle chiles in adobo sauce canned
- 0.5 teaspoon garlic minced
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 3 ounce swiss cheese reduced-fat
- 0.5 cup thinly onion red vertically sliced
- 4 cups romaine lettuce shredded
- 1 medium tomatoes chopped
- 7.6 ounce multigrain sandwich wraps (such as Flat-out)

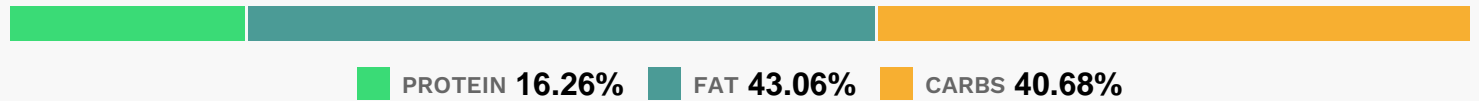
Equipment

bowl

Directions

- Remove 1 teaspoon adobo sauce from can. Reserve chiles and remaining adobo sauce for another use.
- Combine 1 teaspoon adobo sauce, sour cream, and garlic in a small bowl, stirring until blended.
- Spread adobo sauce mixture evenly over sandwich wraps. Arrange 3 bacon halves crosswise down center of each wrap. Top each with a cheese slice. Top evenly with onion, tomato, and lettuce. Starting at short end, roll up wraps; cut in half.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:16.828695546026%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 406.05kcal (20.3%), Fat: 19.52g (30.03%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 31.25g (11.36%), Sugar: 8.23g (9.15%), Cholesterol: 34.25mg (11.42%), Sodium: 614.4mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.16%), Vitamin A: 4444.44IU (88.89%), Vitamin K: 50.87µg (48.45%), Fiber: 10.25g (41.01%), Calcium: 345.87mg (34.59%), Phosphorus: 214.22mg (21.42%), Folate: 75.2µg (18.8%), Iron: 3.25mg (18.07%), Selenium: 10.12µg (14.46%), Vitamin B1: 0.16mg (10.42%), Zinc: 1.49mg (9.93%), Vitamin B6: 0.2mg (9.78%), Vitamin B12: 0.58µg (9.71%), Potassium: 339.09mg (9.69%), Vitamin B2: 0.16mg (9.63%), Vitamin C: 7.82mg (9.48%), Vitamin B3: 1.71mg (8.56%), Manganese: 0.14mg (7.18%), Magnesium: 25.11mg (6.28%), Copper: 0.07mg (3.58%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.18µg (1.21%)