



Bacon-Berry Flatbread Wrap

READY IN



15 min.

SERVINGS



15

CALORIES



24 kcal

Ingredients

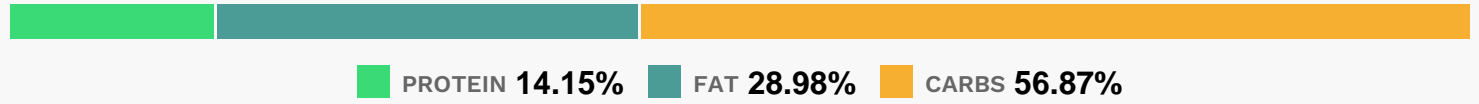
- 0.5 cup baby spinach leaves
- 2 Tbsp philadelphia chive & onion
- 1 grain flatbread whole
- 2 onion rings red thin
- 0.3 cup strawberries fresh sliced
- 1 slice oscar mayer turkey bacon cooked cut in half
- 1 Tbsp lite raspberry vinaigrette dressing kraft

Equipment

Directions

- Spread bread with cream cheese.
- Combine spinach, onions, berries and dressing; place on bread.
- Top with bacon; roll up.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:1.1630434737257%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 23.95kcal (1.2%), Fat: 0.78g (1.2%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.02g (1.13%), Cholesterol: 2.24mg (0.75%), Sodium: 55.58mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin K: 5.01µg (4.77%), Vitamin C: 2.78mg (3.37%), Manganese: 0.05mg (2.5%), Vitamin A: 114.62IU (2.29%), Folate: 6.03µg (1.51%), Fiber: 0.38g (1.51%), Vitamin B6: 0.02mg (1.23%), Phosphorus: 12.2mg (1.22%), Potassium: 37.55mg (1.07%), Vitamin B1: 0.02mg (1.05%)