



## BLT Turkey Lettuce Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 large iceberg lettuce leaves
- 1 milk singles 2% halved kraft
- 1 Tbsp miracle whip dressing
- 1 Tbsp oscar mayer real bacon recipe pieces
- 0.3 cup tomatoes chopped

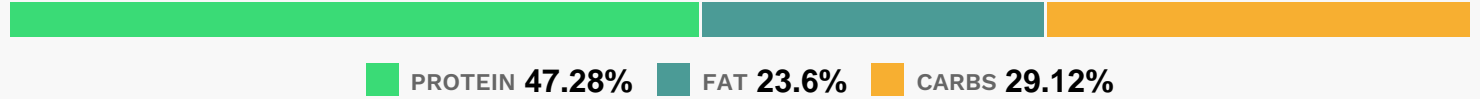
### Equipment

- plastic wrap

## Directions

- Spread dressing down centers of lettuce leaves; top with remaining ingredients. Fold in sides; roll up.
- Serve immediately. Or, wrap tightly in plastic wrap and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.33739130587681%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 8.82kcal (0.44%), Fat: 0.24g (0.37%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.38g (0.42%), Cholesterol: 2.69mg (0.9%), Sodium: 91.22mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Phosphorus: 12.52mg (1.25%)