



BLT Wrap

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 1 6-inch flour tortilla ()
- 0.3 cup lettuce chopped
- 1 Tbsp real mayo mayonnaise kraft
- 0.3 cup tomatoes chopped

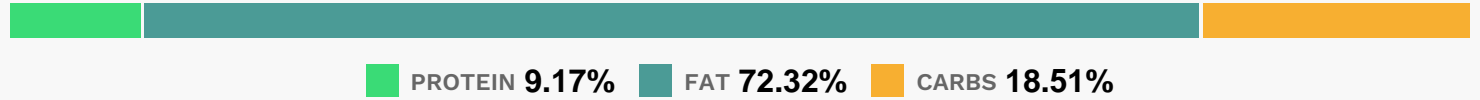
Equipment

- plastic wrap

Directions

- Spread tortilla with mayo; top remaining ingredients.
- Roll up and serve. Or, roll up, wrap tightly in plastic wrap and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.8421739249126%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 75.67kcal (3.78%), Fat: 6.06g (9.32%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.15g (1.14%), Sugar: 0.51g (0.56%), Cholesterol: 6.97mg (2.32%), Sodium: 120.67mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin K: 6.39µg (6.08%), Selenium: 3.17µg (4.53%), Vitamin B1: 0.06mg (3.93%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 28.12mg (2.81%), Manganese: 0.04mg (2.19%), Folate: 7.94µg (1.98%), Vitamin B6: 0.03mg (1.73%), Vitamin A: 85.18IU (1.7%), Iron: 0.29mg (1.64%), Vitamin B2: 0.03mg (1.58%), Potassium: 48.21mg (1.38%), Fiber: 0.34g (1.37%), Vitamin C: 1.12mg (1.36%), Vitamin E: 0.18mg (1.17%), Calcium: 10.81mg (1.08%), Zinc: 0.16mg (1.05%)