



California Wrap

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 10-inch flour tortilla ()
- 8 leaves lettuce
- 12 oz deli- turkey
- 12 slices bacon cooked
- 1 large tomatoes cut into thin wedges
- 1 avocado pitted peeled cut into thin wedges
- 1 cup arugula
- 0.5 cup ranch dressing

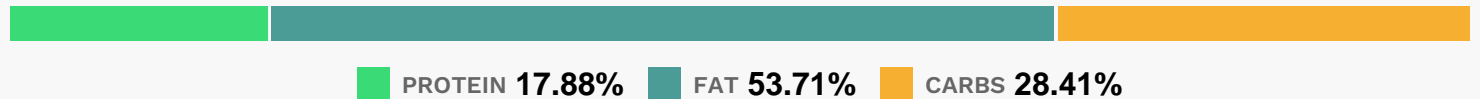
Equipment

- toothpicks

Directions

- Lay tortillas on work surface. Fan lettuce on top three-fourths of each tortilla; top evenly with turkey, bacon, tomato, avocado, arugula and dressing.
- Fold up bottom fourth of each tortilla.
- Roll each sandwich into cone shape. Secure tortillas with toothpicks.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:11.88, Inflammation Score:-7, Nutrition Score:26.463478326797%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 637.75kcal (31.89%), Fat: 38.1g (58.63%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 38.71g (14.08%), Sugar: 6.72g (7.47%), Cholesterol: 73.23mg (24.41%), Sodium: 1961.18mg (85.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.08%), Vitamin K: 68.69µg (65.42%), Vitamin B3: 12.89mg (64.45%), Selenium: 40.12µg (57.31%), Phosphorus: 547.74mg (54.77%), Vitamin B1: 0.58mg (38.84%), Vitamin B6: 0.7mg (35.17%), Folate: 127.42µg (31.85%), Vitamin B2: 0.48mg (28.52%), Manganese: 0.53mg (26.7%), Potassium: 934.55mg (26.7%), Fiber: 6.63g (26.54%), Iron: 3.75mg (20.86%), Vitamin B5: 1.65mg (16.54%), Zinc: 2.4mg (16.02%), Magnesium: 63.55mg (15.89%), Vitamin C: 12.46mg (15.1%), Vitamin E: 2.21mg (14.76%), Calcium: 146.61mg (14.66%), Vitamin A: 671.63IU (13.43%), Copper: 0.25mg (12.71%), Vitamin B12: 0.63µg (10.45%), Vitamin D: 0.3µg (1.97%)