



Chili Turkey Wraps

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

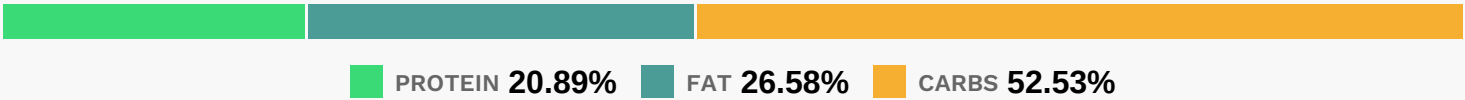
- ☐ 3 tablespoons tomato-based chili sauce
- ☐ 8 oz nonfat cream cheese
- ☐ 4 flour tortillas plain at room temperature (10 in.)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 2 cups slivered romaine lettuce finely
- ☐ 3 cups skinned shredded cooked

Equipment

Directions

- ☐ Smoothly mix cream cheese with chili sauce to taste.
- ☐ Spread 1/4 of the cheese mixture evenly onto 1 side of each tortilla.
- ☐ Down the center of each tortilla, spoon 1/4 of the lettuce, turkey, onions, cilantro, and olives.
- ☐ Roll tortilla snugly to enclose filling, then cut each roll in half. If desired, stand rolls upright on flat end.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:34.77, Inflammation Score:-9, Nutrition Score:17.347826066224%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 872.03kcal (43.6%), Fat: 25.97g (39.96%), Saturated Fat: 12.67g (79.2%), Carbohydrates: 115.51g (38.5%), Net Carbohydrates: 97.82g (35.57%), Sugar: 8.41g (9.34%), Cholesterol: 57.27mg (19.09%), Sodium: 847.69mg (36.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.93g (91.86%), Fiber: 17.69g (70.75%), Vitamin A: 3439.47IU (68.79%), Vitamin K: 57.22µg (54.5%), Iron: 7.15mg (39.73%), Folate: 75.37µg (18.84%), Calcium: 186.77mg (18.68%), Selenium: 12.01µg (17.16%), Vitamin B2: 0.25mg (14.79%), Phosphorus: 141.11mg (14.11%), Vitamin B1: 0.2mg (13.46%), Manganese: 0.22mg (10.76%), Vitamin E: 1.44mg (9.57%), Vitamin B3: 1.75mg (8.73%), Potassium: 258.42mg (7.38%), Vitamin C: 5.36mg (6.5%), Magnesium: 20.86mg (5.21%), Copper: 0.1mg (4.95%), Vitamin B6: 0.1mg (4.94%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.57mg (3.83%), Vitamin B12: 0.12µg (2.08%)