



Chipotle-Raspberry Turkey Wraps

READY IN



12 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle chile canned
- ☐ 0.5 pound deli turkey thinly sliced
- ☐ 4 8-inch flour tortillas fat-free 96% low-fat () (such as Mission Heart Healthy)
- ☐ 2 ounces provolone cheese shredded
- ☐ 1 tablespoon raspberry-walnut vinaigrette light (such as Ken's Steak House)
- ☐ 0.3 cup onion red halved thinly sliced
- ☐ 1 cup gourmet salad greens
- ☐ 0.3 cup whole-berry cranberry sauce

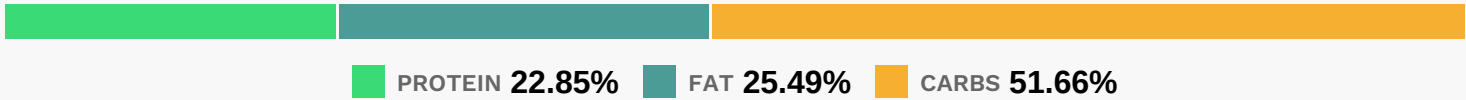
Equipment

☐ food processor

Directions

- ☐ Process first 3 ingredients in a food processor until mixture is blended and smooth.
- ☐ Arrange turkey and next 3 ingredients evenly down center of each tortilla. Top evenly with chipotle sauce, and roll up. Chill until ready to serve. If desired, cut in half diagonally before serving.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8.25, Inflammation Score:-4, Nutrition Score:9.6800000810105%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 292.73kcal (14.64%), Fat: 8.29g (12.75%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.26g (12.82%), Sugar: 9.96g (11.06%), Cholesterol: 27.92mg (9.31%), Sodium: 1190.67mg (51.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Phosphorus: 314.41mg (31.44%), Selenium: 13.59µg (19.41%), Calcium: 191.98mg (19.2%), Vitamin B1: 0.27mg (17.96%), Iron: 2.8mg (15.56%), Manganese: 0.29mg (14.57%), Folate: 55.13µg (13.78%), Vitamin B2: 0.2mg (11.81%), Vitamin B3: 2.36mg (11.8%), Copper: 0.21mg (10.6%), Fiber: 2.52g (10.09%), Zinc: 1.26mg (8.39%), Magnesium: 32.95mg (8.24%), Potassium: 236.24mg (6.75%), Vitamin A: 246.08IU (4.92%), Vitamin K: 4.27µg (4.07%), Vitamin C: 3.23mg (3.92%), Vitamin B12: 0.21µg (3.45%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.18mg (1.75%), Vitamin E: 0.2mg (1.32%)