



Classic Cobb Wraps

READY IN



15 min.

SERVINGS



15

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cut into thin slices
- 4 slices oscar mayer bacon cooked
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 4.5 oz oscar mayer deli oven roasted turkey breast fresh ()
- 4 8-inch flour tortillas ()
- 0.3 cup lite ranch dressing kraft
- 4 romaine lettuce leaves
- 1 tomatoes cut into thin wedges

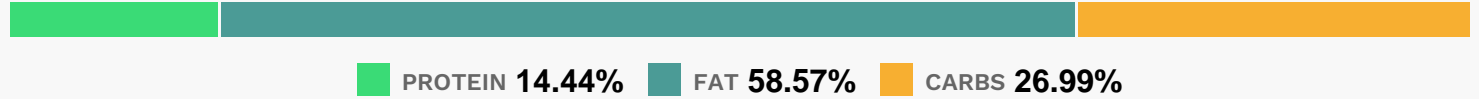
Equipment

Directions

Combine dressing and cheese; spread onto tortillas.

Top with remaining ingredients; roll up tightly.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:5.9208695694156%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 133.14kcal (6.66%), Fat: 8.77g (13.5%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.47g (2.72%), Sugar: 1.17g (1.3%), Cholesterol: 13.43mg (4.48%), Sodium: 291.09mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Vitamin K: 17.57µg (16.74%), Vitamin A: 786.41IU (15.73%), Phosphorus: 97.05mg (9.7%), Vitamin B3: 1.92mg (9.6%), Folate: 36.57µg (9.14%), Selenium: 6.2µg (8.85%), Vitamin B1: 0.11mg (7.16%), Fiber: 1.63g (6.52%), Calcium: 57.24mg (5.72%), Vitamin B6: 0.11mg (5.63%), Manganese: 0.11mg (5.59%), Vitamin B2: 0.09mg (5.48%), Potassium: 170.25mg (4.86%), Iron: 0.76mg (4.25%), Vitamin B5: 0.38mg (3.83%), Vitamin C: 2.76mg (3.35%), Magnesium: 13.08mg (3.27%), Vitamin E: 0.48mg (3.23%), Zinc: 0.44mg (2.96%), Copper: 0.05mg (2.74%), Vitamin B12: 0.08µg (1.41%)