



Club Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon crumbled cooked
- ☐ 4 10-inch flour tortillas ()
- ☐ 0.5 pound honey ham thinly sliced
- ☐ 2 cups lettuce shredded
- ☐ 0.5 cup creamy mustard-mayonnaise blend
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 small purple onion diced
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mozzarella cheese smoked shredded

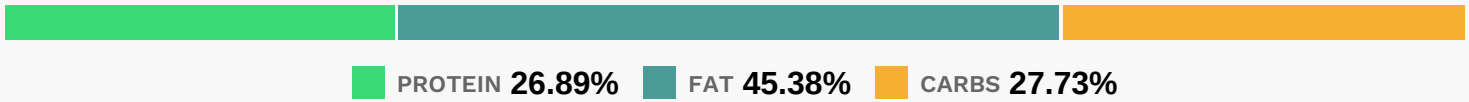
- ☐ 2 medium tomatoes seeded chopped
- ☐ 0.5 pound turkey smoked thinly sliced

Equipment

Directions

- ☐ Spread mustard-mayonnaise blend evenly over 1 side of each tortilla, leaving a 1/2-inch border.
- ☐ Layer turkey and next 6 ingredients evenly over tortillas; sprinkle with salt and pepper.
- ☐ Roll up tortillas; cut in half diagonally, and secure with wooden picks.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:12.34, Inflammation Score:-8, Nutrition Score:27.737825994906%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 609.89kcal (30.49%), Fat: 30.57g (47.03%), Saturated Fat: 11.78g (73.64%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 36.77g (13.37%), Sugar: 6.27g (6.96%), Cholesterol: 102.37mg (34.12%), Sodium: 2320.19mg (100.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.76g (81.51%), Selenium: 60.69µg (86.7%), Vitamin B1: 0.91mg (60.88%), Phosphorus: 561.6mg (56.16%), Vitamin B3: 11.01mg (55.04%), Vitamin B6: 0.7mg (34.85%), Manganese: 0.67mg (33.29%), Vitamin B2: 0.56mg (32.94%), Calcium: 292.21mg (29.22%), Vitamin B12: 1.67µg (27.91%), Zinc: 4.11mg (27.37%), Iron: 4.52mg (25.12%), Folate: 96.8µg (24.2%), Fiber: 5.26g (21.02%), Potassium: 707.88mg (20.23%), Vitamin K: 20.16µg (19.2%), Vitamin A: 936.86IU (18.74%), Magnesium: 72.9mg (18.23%), Vitamin C: 10.58mg (12.82%), Copper: 0.25mg (12.4%), Vitamin B5: 1.12mg (11.2%), Vitamin E: 0.87mg (5.82%), Vitamin D: 0.7µg (4.63%)