



Cool Tuna Wraps

READY IN



10 min.

SERVINGS



10

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

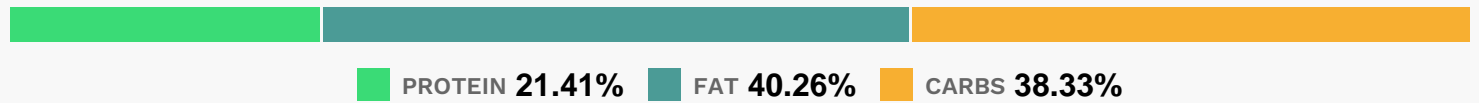
- 10 oz tuna flaked drained canned
- 0.5 tsp dill weed
- 6 10-inch flour tortillas ()
- 2 green onions chopped
- 4 cups lettuce shredded
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1.5 cups cheddar cheese shredded kraft finely
- 2 tomatoes chopped

Equipment

Directions

- Spread tortillas with mayo; sprinkle with dill.
- Top with remaining ingredients.
- Fold in sides of tortillas, then roll up.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:7.12, Inflammation Score:-6, Nutrition Score:12.518260862516%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 250.19kcal (12.51%), Fat: 11.14g (17.13%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 21.69g (7.89%), Sugar: 3.15g (3.5%), Cholesterol: 28.35mg (9.45%), Sodium: 548.3mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Selenium: 33.62µg (48.03%), Vitamin B3: 4.87mg (24.36%), Phosphorus: 216.67mg (21.67%), Vitamin K: 21.35µg (20.33%), Calcium: 196.09mg (19.61%), Vitamin B1: 0.25mg (16.5%), Vitamin B12: 0.91µg (15.14%), Folate: 58.06µg (14.51%), Manganese: 0.28mg (14.15%), Vitamin B2: 0.23mg (13.54%), Iron: 2.26mg (12.53%), Vitamin A: 565.03IU (11.3%), Fiber: 2.17g (8.69%), Vitamin B6: 0.16mg (8.03%), Zinc: 1.13mg (7.54%), Magnesium: 25.69mg (6.42%), Potassium: 223.33mg (6.38%), Vitamin C: 4.63mg (5.61%), Copper: 0.09mg (4.4%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.44µg (2.95%), Vitamin B5: 0.24mg (2.35%)