



## Creamy Dill-Turkey Wrap

READY IN



10 min.

SERVINGS



1

CALORIES



132 kcal

SIDE DISH

### Ingredients

- 3 slices cucumber thin
- 6 slices oscar mayer deli turkey breast smoked fresh
- 0.3 tsp dill weed
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices tomatoes thin
- 1 6-inch tortillas whole wheat ()

### Equipment

## Directions

- Spread tortilla with dressing; sprinkle with dill weed.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:68, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.562608703647%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 2.56g (3.93%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 15.72g (5.72%), Sugar: 4.01g (4.46%), Cholesterol: 16.88mg (5.63%), Sodium: 860.97mg (37.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.43%), Phosphorus: 117.99mg (11.8%), Fiber: 2.21g (8.83%), Iron: 1.23mg (6.83%), Copper: 0.14mg (6.81%), Calcium: 56.85mg (5.69%), Potassium: 141.12mg (4.03%), Magnesium: 15.82mg (3.96%), Zinc: 0.46mg (3.05%), Vitamin K: 1.67µg (1.59%), Vitamin C: 0.97mg (1.17%)