



Creamy Salsa Turkey Tortilla Wrap

READY IN



5 min.

SERVINGS



1

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

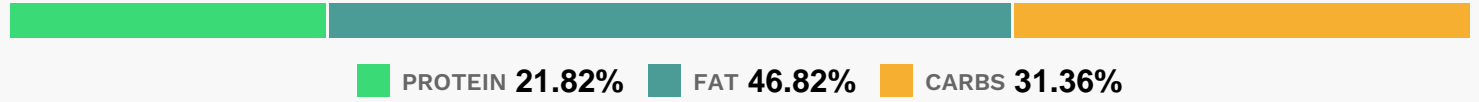
- 2 Tbsp milk cheddar cheese shredded 2% kraft
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 6-inch flour tortilla ()
- 2 lettuce leaves
- 2 Tbsp taco bellâ® & chunky salsa thick
- 1 Tbsp philadelphia

Equipment

Directions

- Spread tortilla with reduced-fat cream cheese, then salsa.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:5.01, Inflammation Score:-10, Nutrition Score:14.956087172031%

Nutrients (% of daily need)

Calories: 264.83kcal (13.24%), Fat: 13.9g (21.39%), Saturated Fat: 7.28g (45.5%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 18.77g (6.83%), Sugar: 3.84g (4.26%), Cholesterol: 50.01mg (16.67%), Sodium: 997.91mg (43.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.15%), Vitamin A: 4095.04IU (81.9%), Phosphorus: 273.14mg (27.31%), Vitamin B3: 5.2mg (26.02%), Selenium: 18.11µg (25.87%), Calcium: 209.38mg (20.94%), Manganese: 0.34mg (17.2%), Vitamin B2: 0.28mg (16.35%), Vitamin B1: 0.24mg (15.8%), Vitamin B6: 0.31mg (15.46%), Folate: 55.28µg (13.82%), Vitamin C: 9.32mg (11.3%), Potassium: 385.33mg (11.01%), Iron: 1.86mg (10.31%), Fiber: 2.18g (8.71%), Magnesium: 33.49mg (8.37%), Zinc: 1.21mg (8.05%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.63mg (6.26%), Vitamin B12: 0.26µg (4.37%), Vitamin K: 4.38µg (4.18%), Copper: 0.07mg (3.5%)