



Crunchy Spring Roll Wrap

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

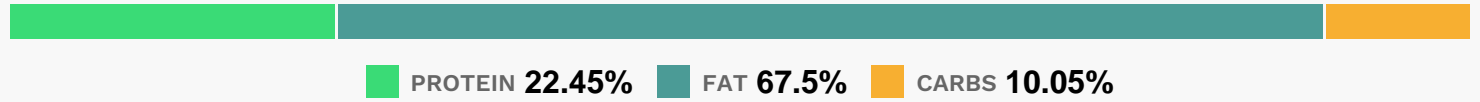
- 0.5 cup carrots mixed shredded thinly sliced
- 3 slices oscar mayer deli ham smoked fresh
- 1 large boston lettuce leaf
- 2 Tbsp lite balsamic roasted garlic vinaigrette dressing kraft

Equipment

Directions

- Top lettuce with ham, overlapping slices as necessary to fit on leaf.
- Cover with vegetables; roll up.
- Serve with dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:15.802173842555%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 342.31kcal (17.12%), Fat: 25.27g (38.88%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.51g (2.37%), Sugar: 4.17g (4.64%), Cholesterol: 52.08mg (17.36%), Sodium: 1311.99mg (57.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.83%), Vitamin A: 11188.64IU (223.77%), Vitamin B1: 0.56mg (37.04%), Selenium: 19.22µg (27.46%), Vitamin K: 23.79µg (22.66%), Vitamin B3: 4.43mg (22.15%), Vitamin B6: 0.42mg (20.99%), Phosphorus: 207.11mg (20.71%), Zinc: 2.13mg (14.22%), Potassium: 480.74mg (13.74%), Vitamin B2: 0.23mg (13.65%), Vitamin B12: 0.54µg (8.96%), Fiber: 1.96g (7.83%), Manganese: 0.13mg (6.51%), Folate: 25.63µg (6.41%), Magnesium: 25.59mg (6.4%), Iron: 1.11mg (6.16%), Vitamin B5: 0.58mg (5.81%), Vitamin C: 4.33mg (5.25%), Copper: 0.1mg (5.05%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.59µg (3.92%), Calcium: 35.25mg (3.52%)