



Downtown Turkey Wrap

READY IN



15 min.

SERVINGS



1

CALORIES



464 kcal

SIDE DISH

Ingredients

- 0.3 cup avocado thin
- 2 slices oscar mayer bacon cooked
- 4 slices deli turkey breast
- 1 Tbsp athenos feta cheese crumbled traditional
- 0.3 cup lettuce shredded
- 1 Tbsp miracle whip dressing
- 1 slice tomatoes cut in half
- 18-inch tortillas whole wheat ()

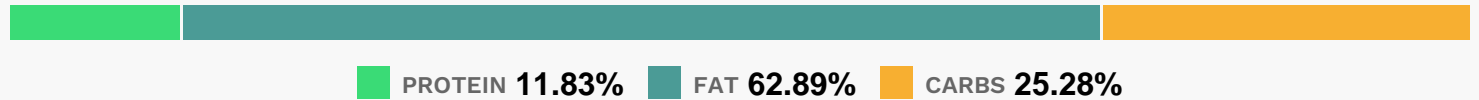
Equipment

Directions

Mix dressing and cheese; spread onto tortilla.

Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:12.923913038295%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 463.63kcal (23.18%), Fat: 33.05g (50.85%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 22.41g (8.15%), Sugar: 4.88g (5.42%), Cholesterol: 47.77mg (15.92%), Sodium: 875.49mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Fiber: 7.47g (29.88%), Vitamin B6: 0.4mg (20.06%), Vitamin K: 19.2µg (18.28%), Selenium: 12.56µg (17.94%), Vitamin B3: 3.55mg (17.73%), Phosphorus: 171.73mg (17.17%), Calcium: 171.68mg (17.17%), Vitamin B2: 0.27mg (15.97%), Folate: 62.9µg (15.72%), Potassium: 491.41mg (14.04%), Vitamin B1: 0.21mg (13.73%), Vitamin B5: 1.3mg (13.02%), Vitamin C: 10.12mg (12.26%), Vitamin E: 1.62mg (10.83%), Zinc: 1.51mg (10.08%), Vitamin A: 501.48IU (10.03%), Iron: 1.76mg (9.8%), Vitamin B12: 0.53µg (8.87%), Copper: 0.16mg (7.94%), Magnesium: 30.89mg (7.72%), Manganese: 0.15mg (7.36%), Vitamin D: 0.25µg (1.65%)