



Easy Ham & Cheese Wrap

READY IN



5 min.

SERVINGS



5

CALORIES



92 kcal

SIDE DISH

Ingredients

- 1 8-inch flour tortilla ()
- 3 slices oscar mayer ham smoked shaved
- 1 singles kraft
- 1 romaine leaves
- 1 Tbsp real mayo mayonnaise kraft

Equipment

Directions

- Spread tortilla with mayo.
- Top with lettuce, Singles and ham; roll up.

Nutrition Facts

PROTEIN 20.24% **FAT 56.68%** **CARBS 23.08%**

Properties

Glycemic Index:16.8, Glycemic Load:1.6, Inflammation Score:-3, Nutrition Score:3.4099999692129%

Nutrients (% of daily need)

Calories: 91.82kcal (4.59%), Fat: 5.7g (8.77%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.46g (0.51%), Cholesterol: 11.61mg (3.87%), Sodium: 295.95mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin B1: 0.16mg (10.49%), Selenium: 6.18µg (8.83%), Vitamin A: 361.52IU (7.23%), Vitamin B3: 1.22mg (6.1%), Phosphorus: 60.78mg (6.08%), Vitamin K: 5.23µg (4.98%), Vitamin B2: 0.07mg (4.22%), Vitamin B6: 0.07mg (3.74%), Manganese: 0.07mg (3.37%), Iron: 0.57mg (3.14%), Zinc: 0.46mg (3.08%), Folate: 12.05µg (3.01%), Potassium: 71.13mg (2.03%), Calcium: 19.44mg (1.94%), Vitamin B12: 0.11µg (1.85%), Fiber: 0.41g (1.62%), Magnesium: 6.09mg (1.52%), Copper: 0.03mg (1.25%), Vitamin E: 0.17mg (1.1%), Vitamin C: 0.86mg (1.05%)