



Easy Turkey-Tortilla Roll-Ups

READY IN



5 min.

SERVINGS



5

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp philadelphia chive & onion
- 12 slices oscar mayer deli turkey breast smoked fresh
- 3 6-inch flour tortillas ()
- 0.8 cup lettuce shredded

Equipment

Directions

- Spread tortillas with cream cheese; top with turkey.

Place lettuce on bottom halves of tortillas; roll up.

Cut each into 4 slices.

Nutrition Facts

 **PROTEIN 21.06%**  **FAT 34.43%**  **CARBS 44.51%**

Properties

Glycemic Index:13.2, Glycemic Load:2.87, Inflammation Score:-2, Nutrition Score:2.9700000182442%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 96.53kcal (4.83%), Fat: 3.67g (5.64%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.91g (3.6%), Sugar: 1.5g (1.67%), Cholesterol: 12.1mg (4.03%), Sodium: 406.97mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Phosphorus: 83.78mg (8.38%), Vitamin B1: 0.09mg (6.33%), Selenium: 4.02µg (5.75%), Manganese: 0.1mg (5.12%), Iron: 0.91mg (5.06%), Folate: 20.05µg (5.01%), Calcium: 41.86mg (4.19%), Vitamin B3: 0.81mg (4.04%), Vitamin K: 3.9µg (3.71%), Copper: 0.07mg (3.47%), Vitamin B2: 0.05mg (3.14%), Fiber: 0.76g (3.04%), Vitamin A: 145.42IU (2.91%), Magnesium: 9.9mg (2.47%), Potassium: 77.09mg (2.2%), Zinc: 0.28mg (1.84%)