



Easy Turkey Wrap

READY IN



5 min.

SERVINGS



5

CALORIES



55 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 6-inch flour tortilla ()
- 1 romaine leaves
- 2 tsp lite ranch dressing kraft
- 1 slim cut swiss cheese kraft
- 2 slices tomatoes thin

Equipment

Directions

- Spread tortilla with dressing.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:2.8543478010789%

Nutrients (% of daily need)

Calories: 55.23kcal (2.76%), Fat: 2.69g (4.14%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.48g (0.54%), Cholesterol: 11.03mg (3.68%), Sodium: 218.15mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin B3: 1.59mg (7.97%), Vitamin A: 389IU (7.78%), Phosphorus: 74.09mg (7.41%), Selenium: 4.36µg (6.23%), Calcium: 42.93mg (4.29%), Vitamin B6: 0.08mg (3.79%), Vitamin K: 3.19µg (3.04%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.04mg (2.59%), Manganese: 0.05mg (2.43%), Folate: 8.92µg (2.23%), Vitamin B12: 0.13µg (2.1%), Potassium: 73.29mg (2.09%), Iron: 0.33mg (1.83%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.27mg (1.78%), Magnesium: 6.95mg (1.74%), Vitamin C: 0.92mg (1.11%), Fiber: 0.26g (1.05%)