



Easy Wrap Turkey Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 6-inch flour tortillas ()
- 2 lettuce leaves
- 2 Tbsp real mayo mayonnaise kraft
- 0.5 cup tomatoes chopped
- 6 slices oscar mayer oven roasted turkey white

Equipment

Directions

- Spread tortillas with mayo.
- Top with turkey, lettuce and tomatoes.
- Roll up to serve.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:4.381739149275%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 92.49kcal (4.62%), Fat: 5.39g (8.29%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.07g (1.19%), Cholesterol: 9.66mg (3.22%), Sodium: 275.13mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin A: 839.78IU (16.8%), Vitamin K: 11.04µg (10.51%), Vitamin B3: 1.96mg (9.81%), Phosphorus: 69.25mg (6.92%), Selenium: 4.76µg (6.8%), Vitamin B1: 0.08mg (5.53%), Manganese: 0.11mg (5.43%), Vitamin B6: 0.09mg (4.66%), Folate: 18.45µg (4.61%), Vitamin C: 3.77mg (4.57%), Iron: 0.63mg (3.5%), Potassium: 121.88mg (3.48%), Vitamin B2: 0.06mg (3.38%), Fiber: 0.69g (2.78%), Calcium: 24.49mg (2.45%), Magnesium: 9.33mg (2.33%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.19mg (1.27%), Copper: 0.03mg (1.26%)