



Farmstand Turkey Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



65 kcal

SIDE DISH

Ingredients

- 0.5 cup tightly baby spinach leaves packed
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 2 8-inch flour tortillas fat-free ()
- 0.3 tsp penzey's southwest seasoning dried italian
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.5 cup roasted peppers red cut into strips
- 2 slim cut swiss cheese kraft
- 0.5 cup zucchini thin

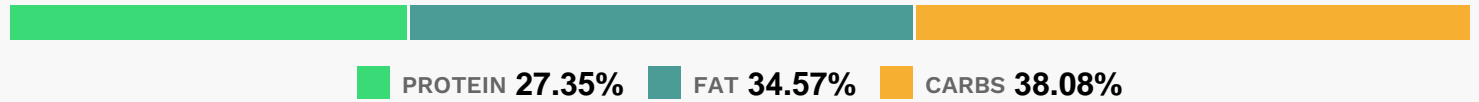
Equipment

Directions

Spread tortillas with mayo; sprinkle with seasoning.

Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:3.9286956336835%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 64.8kcal (3.24%), Fat: 2.5g (3.84%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.7g (0.78%), Cholesterol: 10.73mg (3.58%), Sodium: 338.78mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Vitamin B3: 1.84mg (9.19%), Vitamin K: 9.33µg (8.88%), Phosphorus: 82.3mg (8.23%), Selenium: 5.29µg (7.55%), Vitamin C: 4.79mg (5.8%), Calcium: 52.89mg (5.29%), Vitamin B6: 0.1mg (4.92%), Manganese: 0.09mg (4.58%), Vitamin A: 220.72IU (4.41%), Vitamin B1: 0.06mg (4.3%), Folate: 16.58µg (4.15%), Vitamin B2: 0.06mg (3.55%), Iron: 0.57mg (3.16%), Potassium: 102.78mg (2.94%), Magnesium: 10.33mg (2.58%), Fiber: 0.56g (2.22%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.19mg (1.89%), Copper: 0.03mg (1.5%)