



Festive Turkey Rollups

READY IN



10 min.

SERVINGS



6

CALORIES



512 kcal

Ingredients

- ☐ 6 8-inch flour tortillas ()
- ☐ 0.5 cup pepper jelly with red jalapeño peppers hot
- ☐ 1 bunch lettuce green
- ☐ 0.8 cup ranch vegetable dip
- ☐ 0.5 cup raspberry preserves red
- ☐ 6 oz cheddar cheese shredded
- ☐ 12 slices turkey breast halved thinly sliced

Equipment

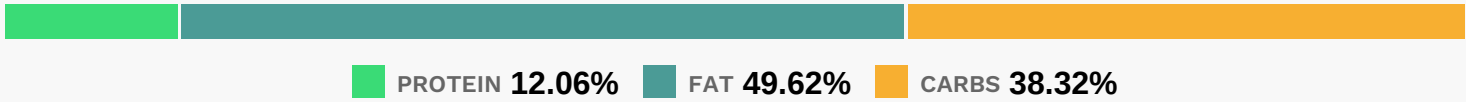
- ☐ plastic wrap

☐ microwave

Directions

- ☐ Microwave tortillas on HIGH 10 to 15 seconds, and set aside.
- ☐ Stir together jelly and preserves.
- ☐ Spread 2 Tbsp. Ranch dip on 1 side of each tortilla. Top each tortilla with 4 turkey slice halves, and spread with 2 1/2 Tbsp. jelly mixture. Top tortillas evenly with lettuce and cheese.
- ☐ Roll up tortillas; wrap with plastic wrap. Chill up to 8 hours.
- ☐ *6 pita rounds may be substituted.
- ☐ **Shredded Monterey Jack cheese with peppers may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:19.12, Inflammation Score:-5, Nutrition Score:15.626956364383%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 512.08kcal (25.6%), Fat: 28.12g (43.26%), Saturated Fat: 9.26g (57.9%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 46.57g (16.93%), Sugar: 18.03g (20.04%), Cholesterol: 48.89mg (16.3%), Sodium: 1074.78mg (46.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Vitamin K: 46.51µg (44.3%), Phosphorus: 366.25mg (36.62%), Selenium: 24.46µg (34.94%), Calcium: 294.41mg (29.44%), Vitamin C: 20.47mg (24.81%), Vitamin B3: 4.31mg (21.55%), Vitamin B2: 0.37mg (21.47%), Vitamin B1: 0.29mg (19.52%), Folate: 62.19µg (15.55%), Manganese: 0.31mg (15.29%), Iron: 2.36mg (13.14%), Vitamin B6: 0.23mg (11.72%), Zinc: 1.66mg (11.04%), Fiber: 2.29g (9.15%), Vitamin A: 426.8IU (8.54%), Potassium: 263.63mg (7.53%), Vitamin B12: 0.45µg (7.46%), Magnesium: 29.34mg (7.34%), Vitamin E: 1.03mg (6.89%), Copper: 0.12mg (5.94%), Vitamin B5: 0.55mg (5.5%), Vitamin D: 0.25µg (1.68%)