



Greek Spinach-Turkey Wraps

 Gluten Free

READY IN



80 min.

SERVINGS



24

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup creamy pimiento cheese (from 8-oz container)
- 2 oz feta cheese crumbled
- 0.3 cup kalamata olives pitted chopped
- 4 8-inch spinach flavor flour wraps ()
- 4 oz turkey cooked thinly sliced (from deli)
- 1 cup pkt spinach fresh loosely packed

Equipment

- bowl

plastic wrap

Directions

In small bowl, mix cream cheese spread, feta cheese and olives.

Spread evenly over tortillas, covering completely.

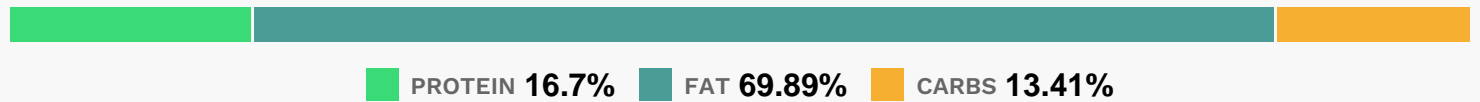
Arrange turkey over cream cheese mixture, covering half of each tortilla. Top turkey with spinach leaves.

Starting with topped side, roll up each tightly. Wrap individually in plastic wrap. Refrigerate until completely chilled, at least 1 hour.

To serve, trim off ends of each roll; cut each into 3 sections.

Cut each section in half on a slight diagonal.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2560869481253%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 29.05kcal (1.45%), Fat: 2.09g (3.22%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.47g (0.52%), Cholesterol: 7.21mg (2.4%), Sodium: 105.74mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin K: 6.1µg (5.81%), Vitamin A: 179.63IU (3.59%), Calcium: 32.26mg (3.23%), Vitamin B2: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.65%), Selenium: 1.09µg (1.56%), Phosphorus: 14.77mg (1.48%), Vitamin B3: 0.29mg (1.46%), Vitamin B12: 0.08µg (1.35%)