



Greek Spinach-Turkey Wraps

READY IN



80 min.

SERVINGS



24

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup approx cream cheese spread (from 8-oz container)
- ☐ 2 oz feta cheese crumbled
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 cup pkt spinach fresh loosely packed
- ☐ 4 oz turkey cooked thinly sliced (from deli)

Equipment

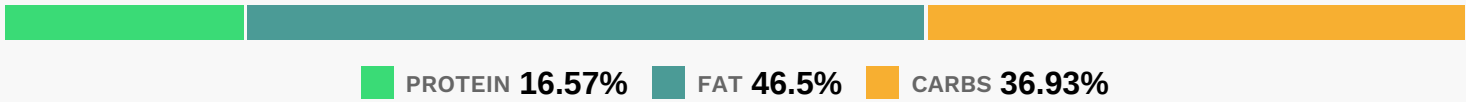
- ☐ bowl

☐ 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:3.88, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:2.1086956366249%

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: 51.06kcal (2.55%), Fat: 2.62g (4.03%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.31g (1.57%), Sugar: 0.48g (0.53%), Cholesterol: 7.45mg (2.48%), Sodium: 138.12mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin K: 6.71µg (6.39%), Selenium: 2.99µg (4.27%), Vitamin A: 179.51IU (3.59%), Vitamin B3: 0.67mg (3.34%), Vitamin B1: 0.05mg (3.28%), Phosphorus: 32.28mg (3.23%), Calcium: 32.07mg (3.21%), Vitamin B2: 0.05mg (3.09%), Folate: 11.45µg (2.86%), Manganese: 0.05mg (2.71%), Iron: 0.39mg (2.19%), Vitamin B6: 0.04mg (1.9%), Fiber: 0.37g (1.49%), Vitamin B12: 0.08µg (1.35%), Zinc: 0.18mg (1.2%), Magnesium: 4.3mg (1.07%)