



Ham and Bacon Cobb Wraps

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

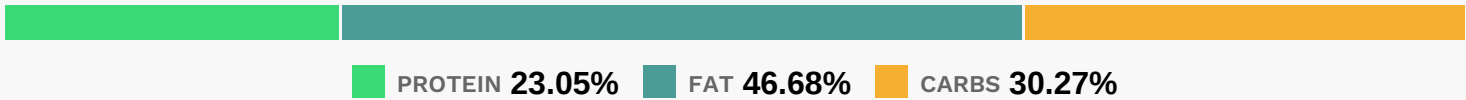
- ☐ 1 tablespoon cheese blue crumbled
- ☐ 4 bacon crumbled cooked
- ☐ 6 8-inch flour tortilla fat-free ()
- ☐ 1 pound ham thinly sliced
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 cups plum tomatoes thinly sliced (5 tomatoes)
- ☐ 2 cups the of 1 cos lettuce chopped

Equipment

Directions

- ☐
- Combine mayonnaise and cheese; spread evenly over tortillas. Arrange 1/2 cup Simple
- ☐
- Baked Ham on each tortilla; top each tortilla with 1/3 cup lettuce and 1/3 cup tomato. Divide onion and bacon evenly among tortillas.
- ☐
- Roll up.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:9.05, Inflammation Score:-9, Nutrition Score:19.573478470678%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 413.25kcal (20.66%), Fat: 21.25g (32.69%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 27.71g (10.08%), Sugar: 5.06g (5.62%), Cholesterol: 54.52mg (18.17%), Sodium: 1458.65mg (63.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.23%), Vitamin B1: 0.79mg (52.56%), Selenium: 31.78µg (45.4%), Vitamin A: 2039.17IU (40.78%), Vitamin B3: 6.73mg (33.66%), Phosphorus: 320.94mg (32.09%), Vitamin K: 31.05µg (29.58%), Vitamin B6: 0.44mg (21.94%), Folate: 86.67µg (21.67%), Vitamin B2: 0.36mg (20.99%), Manganese: 0.4mg (19.79%), Iron: 2.97mg (16.5%), Zinc: 2.42mg (16.12%), Potassium: 557.52mg (15.93%), Vitamin C: 12.42mg (15.05%), Fiber: 3.29g (13.15%), Calcium: 103.18mg (10.32%), Magnesium: 39.89mg (9.97%), Vitamin B12: 0.56µg (9.27%), Copper: 0.18mg (9.14%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.62mg (6.23%), Vitamin D: 0.56µg (3.71%)