



Ham and Cheese Tortilla Wraps

READY IN



10 min.

SERVINGS



5

CALORIES



463 kcal

Ingredients

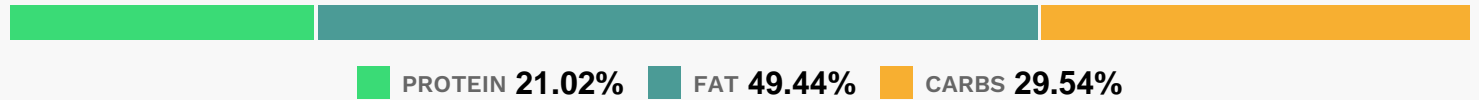
- 6 ounces cheddar cheese shredded
- 0.3 cup salad dressing
- 0.3 cup cream sour
- 11 ounces corn whole with red and green peppers, drained canned
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 10 ounce finely-chopped ham fully cooked
- 1 sprig cilantro leaves

Equipment

Directions

- Mix cheese, mayonnaise, sour cream and corn.
- Top each tortilla with 1 slice ham.
- Spread 2 tablespoons corn mixture over ham. Top with cilantro.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:7.48, Inflammation Score:-5, Nutrition Score:16.994347857392%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 462.77kcal (23.14%), Fat: 25.21g (38.78%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 32.25g (11.73%), Sugar: 3.5g (3.89%), Cholesterol: 82.19mg (27.4%), Sodium: 1441.64mg (62.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Selenium: 31.89µg (45.55%), Phosphorus: 453.41mg (45.34%), Vitamin B1: 0.56mg (37.23%), Calcium: 326.46mg (32.65%), Vitamin B2: 0.45mg (26.2%), Vitamin B3: 4.6mg (23.02%), Zinc: 2.98mg (19.88%), Vitamin B12: 1.18µg (19.74%), Folate: 71.57µg (17.89%), Vitamin C: 14.53mg (17.61%), Manganese: 0.3mg (15.06%), Iron: 2.41mg (13.37%), Vitamin K: 12.16µg (11.58%), Vitamin B6: 0.21mg (10.44%), Magnesium: 40.02mg (10.01%), Potassium: 342.31mg (9.78%), Vitamin A: 443.74IU (8.87%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.44%), Fiber: 1.64g (6.55%), Vitamin E: 0.57mg (3.77%), Vitamin D: 0.2µg (1.36%)