



Ham, Swiss and Apple Wraps

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples thinly sliced
- 2 tablespoons optional: dill fresh chopped
- 4 ounces ham low-sodium lean sliced (preferably)
- 2 tablespoons dijon honey mustard
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup yogurt plain low-fat
- 1.5 tablespoons olive oil extra-virgin
- 0.5 onion red thinly sliced
- 1 romaine lettuce heart

- 3 cups strawberries halved
- 3 ounces swiss cheese sliced cut into strips
- 4 wraps whole-wheat

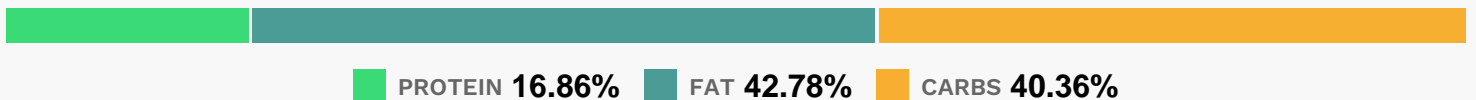
Equipment

- bowl
- whisk

Directions

- Soak the red onion in a bowl of ice water, 10 minutes.
- Drain the onion and squeeze dry.
- Whisk the yogurt, dill, honey mustard, and salt and pepper to taste in a large bowl.
- Slowly drizzle in the olive oil and 1 tablespoon water, whisking until combined.
- Add the onion, ham, cheese, lettuce and apple and toss to coat. Pile the ham mixture in the middle of each wrap. Fold in the sides, then roll up the wraps.
- Cut in half and serve with the strawberries.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:4.48, Inflammation Score:-7, Nutrition Score:16.589999836424%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 424.66kcal (21.23%), Fat: 20.41g (31.41%), Saturated Fat: 7.55g (47.2%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 36.63g (13.32%), Sugar: 15.66g (17.4%), Cholesterol: 38.58mg (12.86%), Sodium: 910.42mg (39.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Vitamin C: 67.23mg (81.49%), Calcium: 336.43mg (33.64%), Fiber: 6.7g (26.8%), Phosphorus: 249.26mg (24.93%), Manganese: 0.47mg (23.51%), Selenium: 14.04µg (20.05%), Vitamin A: 849.83IU (17%), Vitamin B12: 0.94µg (15.63%), Vitamin B1: 0.23mg (15.12%), Vitamin K: 14.11µg (13.43%), Zinc: 1.98mg (13.2%), Vitamin B2: 0.22mg (12.67%), Potassium: 396.81mg (11.34%), Iron: 2.03mg (11.29%), Vitamin B6: 0.22mg (11.2%), Folate: 44.73µg (11.18%), Vitamin E: 1.4mg (9.32%), Vitamin B3: 1.8mg (9%), Magnesium: 34.66mg (8.66%), Copper: 0.11mg (5.47%), Vitamin B5: 0.53mg (5.32%), Vitamin D: 0.2µg (1.32%)