



Ham & Turkey Tumble

READY IN



5 min.

SERVINGS



5

CALORIES



82 kcal

SIDE DISH

Ingredients

- 3 slices oscar mayer deli ham smoked fresh
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 6-inch flour tortilla ()
- 2 tsp miracle whip dressing
- 2 Tbsp cheddar cheese shredded kraft

Equipment

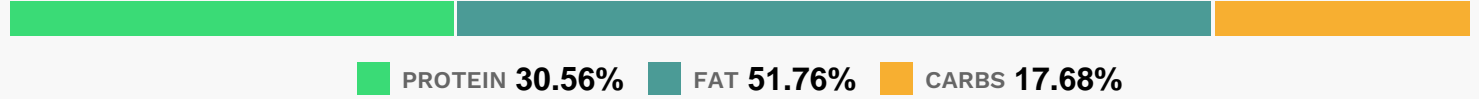
Directions

Spread tortilla with dressing; sprinkle with cheese.

Top with meat; roll up tightly.

Cut in half.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:3.1252174325611%

Nutrients (% of daily need)

Calories: 81.79kcal (4.09%), Fat: 4.64g (7.14%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.49g (0.55%), Cholesterol: 17.67mg (5.89%), Sodium: 355.73mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Selenium: 7.06µg (10.09%), Vitamin B1: 0.14mg (9.04%), Vitamin B3: 1.67mg (8.34%), Phosphorus: 82.49mg (8.25%), Vitamin B6: 0.1mg (5.09%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.58mg (3.89%), Calcium: 34.89mg (3.49%), Vitamin B12: 0.15µg (2.56%), Potassium: 85.07mg (2.43%), Iron: 0.4mg (2.22%), Folate: 7.36µg (1.84%), Magnesium: 7.3mg (1.83%), Vitamin B5: 0.17mg (1.71%), Manganese: 0.03mg (1.7%), Copper: 0.02mg (1.14%)