



Honey Mustard-Turkey Tortillas

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients

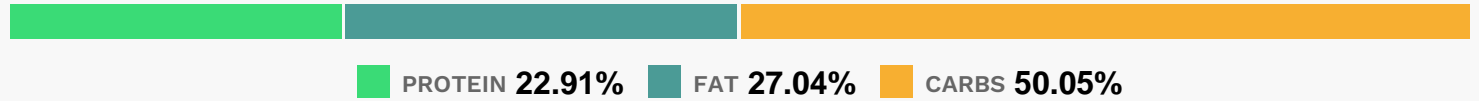
- 0.3 cup dijon honey mustard
- 11 oz flour tortilla for burritos (8 count)
- 6 oz finely-chopped ham cooked thinly sliced
- 6 oz turkey cooked thinly sliced
- 1.5 cups coleslaw mix (from deli)
- 0.5 medium cucumber thinly sliced

Equipment

Directions

- Spread honey mustard evenly over each tortilla. Top with ham, turkey, coleslaw and cucumber.
- Roll tortillas around filling.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:8.4, Inflammation Score:-3, Nutrition Score:12.121739016927%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 256.8kcal (12.84%), Fat: 7.49g (11.53%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.83g (10.48%), Sugar: 4.81g (5.34%), Cholesterol: 35.19mg (11.73%), Sodium: 787.87mg (34.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Selenium: 21.56µg (30.8%), Vitamin B1: 0.44mg (29.15%), Vitamin B3: 4.89mg (24.44%), Phosphorus: 234.75mg (23.47%), Vitamin K: 18.25µg (17.38%), Vitamin C: 13.55mg (16.42%), Manganese: 0.31mg (15.64%), Vitamin B2: 0.26mg (15.44%), Folate: 60.99µg (15.25%), Iron: 2.42mg (13.44%), Vitamin B6: 0.25mg (12.7%), Vitamin B12: 0.65µg (10.75%), Fiber: 2.37g (9.5%), Calcium: 89.14mg (8.91%), Zinc: 1.33mg (8.84%), Potassium: 242.25mg (6.92%), Magnesium: 26.53mg (6.63%), Copper: 0.12mg (5.85%), Vitamin B5: 0.57mg (5.73%)