



Honey Mustard-Turkey Tortillas

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

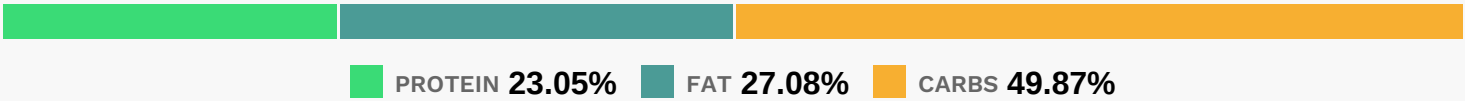
- ☐ 1.5 cups coleslaw mix (from deli)
- ☐ 6 oz finely-chopped ham cooked thinly sliced
- ☐ 0.5 medium cucumber thinly sliced
- ☐ 6 8-inch flour tortilla for burritos (; from 11-oz package)
- ☐ 0.3 cup dijon honey mustard
- ☐ 6 oz turkey cooked thinly sliced

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:8.25, Inflammation Score:-3, Nutrition Score:12.016086912673%

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: 253.82kcal (12.69%), Fat: 7.41g (11.41%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 28.38g (10.32%), Sugar: 4.77g (5.3%), Cholesterol: 35.19mg (11.73%), Sodium: 780.7mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Selenium: 21.34µg (30.49%), Vitamin B1: 0.43mg (28.82%), Vitamin B3: 4.84mg (24.22%), Phosphorus: 232.74mg (23.27%), Vitamin K: 18.18µg (17.31%), Vitamin C: 13.55mg (16.42%), Manganese: 0.31mg (15.4%), Vitamin B2: 0.26mg (15.28%), Folate: 60.07µg (15.02%), Iron: 2.38mg (13.25%), Vitamin B6: 0.25mg (12.67%), Vitamin B12: 0.65µg (10.75%), Fiber: 2.34g (9.36%), Zinc: 1.32mg (8.81%), Calcium: 87.72mg (8.77%), Potassium: 241.03mg (6.89%), Magnesium: 26.32mg (6.58%), Copper: 0.12mg (5.8%), Vitamin B5: 0.57mg (5.72%)