



Instant Turkey Wrap

READY IN



15 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

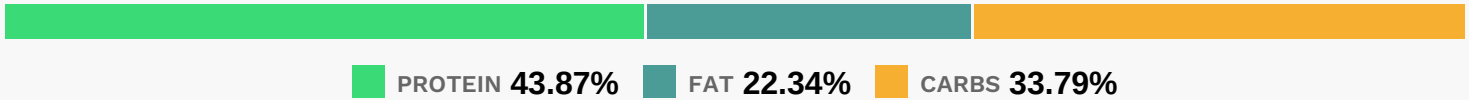
- ☐ 5 ounces baby spinach dried cleaned
- ☐ 1 pound deli turkey breast or thinly sliced
- ☐ 4 servings pasilla peppers sliced lengthwise into 1/2-inch strips
- ☐ 1 package pre d low-fat sliced
- ☐ 12 oz roasted red
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 3.5 oz mushrooms white cleaned trimmed thinly sliced
- ☐ 10 oz sandwich wraps

Equipment

Directions

- ☐ On bottom half of wrap, distribute 3/4 cup baby spinach leaves. Then overlap 3 slices of turkey breast on top, leaving a border at bottom edge of wrap.
- ☐ Spread 1 Tbsp. sour cream over turkey. Evenly distribute 1/3 cup sliced mushrooms and 2 Tbsp. roasted pepper strips over turkey. Season with salt and pepper.
- ☐ Starting with filled side of wrap, roll up gently but tightly into a cylinder, tucking in sides; roll wrap completely. Slice wrap in half diagonally. Repeat with remaining filling and wraps to make 4 cylinders total (or 8 halves).

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:37.502173662186%

Flavonoids

Luteolin: 3.06mg, Luteolin: 3.06mg, Luteolin: 3.06mg, Luteolin: 3.06mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 476.93kcal (23.85%), Fat: 11.91g (18.32%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 33.76g (12.28%), Sugar: 5.3g (5.89%), Cholesterol: 119.98mg (39.99%), Sodium: 953.37mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.61g (105.22%), Vitamin K: 175.64µg (167.27%), Vitamin B3: 17.61mg (88.06%), Vitamin B6: 1.75mg (87.7%), Selenium: 52.46µg (74.95%), Vitamin A: 3612.95IU (72.26%), Vitamin C: 58.45mg (70.84%), Phosphorus: 520.37mg (52.04%), Vitamin B1: 0.5mg (33.44%), Vitamin B2: 0.52mg (30.85%), Potassium: 1004.37mg (28.7%), Fiber: 6.76g (27.04%), Zinc: 3.47mg (23.17%), Iron: 4.07mg (22.62%), Folate: 88.45µg (22.11%), Magnesium: 88.14mg (22.04%), Calcium: 208.32mg (20.83%), Manganese: 0.42mg (20.83%), Vitamin B12: 1.22µg (20.33%), Vitamin B5: 1.97mg (19.68%), Copper: 0.28mg (13.75%), Vitamin E: 1.16mg (7.76%), Vitamin D: 0.53µg (3.55%)