



## Italian Sub Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 slices oscar mayer deli ham smoked fresh
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 cup milk fat-free
- 1 6-inch flour tortilla ()
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 singles kraft
- 1 romaine leaves
- 1 pears
- 3 pepper strips green thin

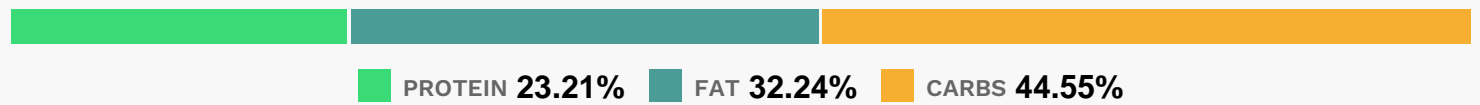
2 slices tomatoes thin

## Equipment

## Directions

- Layer tortilla with lettuce, tomatoes, turkey, Singles, ham and peppers; roll up.
- Cut wrap in half.
- Serve with dressing for dipping. Enjoy with a pear and milk.

## Nutrition Facts



## Properties

Glycemic Index:15.2, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:5.4952173958654%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 66.34kcal (3.32%), Fat: 2.44g (3.76%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.3g (2.29%), Sugar: 4.32g (4.8%), Cholesterol: 7.8mg (2.6%), Sodium: 201.34mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin C: 29.94mg (36.29%), Vitamin B6: 0.15mg (7.67%), Vitamin A: 369.43IU (7.39%), Vitamin B1: 0.11mg (7.1%), Phosphorus: 71.01mg (7.1%), Vitamin B3: 1.08mg (5.39%), Selenium: 3.63µg (5.19%), Fiber: 1.29g (5.16%), Vitamin K: 5.3µg (5.05%), Potassium: 172.61mg (4.93%), Vitamin B2: 0.08mg (4.65%), Calcium: 44.85mg (4.49%), Manganese: 0.08mg (3.9%), Vitamin B12: 0.2µg (3.35%), Magnesium: 11.43mg (2.86%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.51%), Folate: 9.57µg (2.39%), Vitamin D: 0.33µg (2.21%), Iron: 0.38mg (2.11%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.27mg (1.79%)