



Italian Wraps

READY IN



25 min.

SERVINGS



8

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dressing italian
- ☐ 2 tablespoons mayonnaise
- ☐ 12 ounces provolone cheese thinly sliced
- ☐ 4 roasted peppers red cut into thin strips
- ☐ 4 cups romaine lettuce shredded loosely packed (4 oz. total)
- ☐ 12 ounces genoa salami hard thinly sliced
- ☐ 8 servings salt and pepper
- ☐ 8 10-inch sandwich wraps

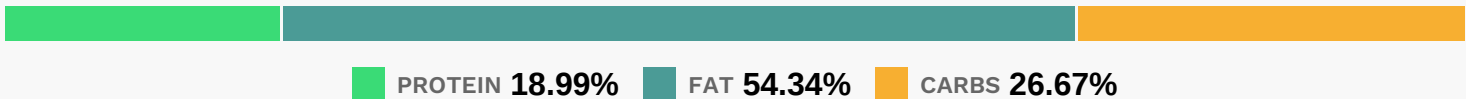
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ Place 1 wrap on a work surface and spread thinly with mayonnaise. Leaving a 2-inch border on the left side, layer salami, provolone and roasted peppers on the wrap.
- ☐ Toss romaine with dressing in a large bowl and scatter a small amount over top of open wrap. Season with salt and pepper.
- ☐ Fold the unfilled side of the wrap over the filling. Starting at the bottom, loosely roll the sandwich into a cone shape. Secure with a toothpick. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:17.883043496505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 573.38kcal (28.67%), Fat: 34.61g (53.24%), Saturated Fat: 14.53g (90.78%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 32.83g (11.94%), Sugar: 4.44g (4.93%), Cholesterol: 64.41mg (21.47%), Sodium: 2249.68mg (97.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.41%), Vitamin A: 2522.18IU (50.44%), Calcium: 468.15mg (46.81%), Vitamin K: 34.84µg (33.18%), Phosphorus: 320.89mg (32.09%), Vitamin B12: 1.82µg (30.26%), Vitamin B1: 0.43mg (28.46%), Selenium: 17.34µg (24.78%), Zinc: 3.26mg (21.72%), Fiber: 5.38g (21.51%), Vitamin B2: 0.3mg (17.58%), Vitamin B6: 0.32mg (16.01%), Iron: 2.86mg (15.88%), Vitamin B3: 2.63mg (13.16%), Vitamin C: 9.57mg (11.6%), Folate: 40.2µg (10.05%), Potassium: 311.39mg (8.9%), Vitamin B5: 0.7mg (7%), Magnesium: 26.99mg (6.75%), Copper: 0.12mg (5.83%), Manganese: 0.1mg (5.15%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.22µg (1.46%)