



Lentil, Apple, and Turkey Wrap

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 head boston lettuce
- 6 servings pepper black freshly ground to taste
- 1 large carrots peeled chopped
- 2 stalks celery chopped
- 1 cup brown lentils dried
- 0.5 cup green lentils dried french
- 1 sprig thyme sprigs fresh
- 1 small fuji apple diced cored

- 1 teaspoon kosher salt
- 3 sheets flour tortilla whole-wheat cut in half crosswise, or 6 () flour tortillas
- 1 tablespoon juice of lemon freshly squeezed
- 4 cups chicken stock low-sodium
- 2 teaspoons olive oil extra virgin extra-virgin
- 1 medium tomatoes diced cored seeded
- 0.8 pound turkey breast thinly sliced

Equipment

- bowl
- sauce pan

Directions

- Place the stock, lentils, celery, carrot, thyme, and salt in a medium saucepan and bring to a boil. Reduce heat to low and simmer until the lentils are tender, about 30 minutes, depending on the lentils. (If they begin to dry out, add water as needed.)
- Remove and discard the thyme.
- Drain and transfer the mixture to a bowl; let cool.
- Fold in the tomato, apple, lemon juice, and olive oil. Season with the pepper.
- To assemble a wrap, place 1 lavash sheet on a clean work surface.
- Spread some of the lentil mixture on the end nearest you, leaving a 1-inch border. Top with several slices of turkey, then some of the lettuce.
- Roll up the lavash, slice crosswise, and serve. If using tortillas, spread the lentils in the center, top with the turkey and lettuce, and fold up the bottom, left side, and right side before rolling away from you.
- Cooking time for lentils can vary, depending on their age and variety, so taste them while they cook and add liquid as necessary. Simmer (don't boil) to prevent them from breaking down too quickly.

Nutrition Facts



Properties

Glycemic Index:51.51, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:26.343478197637%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 291.32kcal (14.57%), Fat: 3.94g (6.07%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 21.07g (7.66%), Sugar: 5.29g (5.87%), Cholesterol: 30.62mg (10.21%), Sodium: 579.13mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.89%), Fiber: 16.25g (65.02%), Folate: 255.77µg (63.94%), Vitamin A: 2737.32IU (54.75%), Vitamin B3: 9.41mg (47.07%), Phosphorus: 418.59mg (41.86%), Vitamin B6: 0.78mg (39.04%), Manganese: 0.75mg (37.45%), Vitamin B1: 0.47mg (31.42%), Potassium: 917.11mg (26.2%), Iron: 4.64mg (25.79%), Selenium: 17.12µg (24.46%), Vitamin K: 24.95µg (23.77%), Zinc: 3.32mg (22.11%), Magnesium: 83.18mg (20.8%), Copper: 0.39mg (19.67%), Vitamin B5: 1.59mg (15.92%), Vitamin B2: 0.27mg (15.69%), Vitamin C: 8.92mg (10.81%), Vitamin B12: 0.51µg (8.58%), Calcium: 60.95mg (6.1%), Vitamin E: 0.76mg (5.07%)