



Low Carb Turkey and Swiss BLT Roll-Ups

 **Gluten Free**

READY IN



8 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 pound precooked bacon strips (8 slices)
- 1 head iceberg lettuce (4 outer leaves only)
- 4 teaspoons heavy mayonnaise
- 0.3 pound swiss cheese sliced
- 1 tomatoes sliced to make 8 slices
- 0.3 pound turkey sliced (no sugar added)

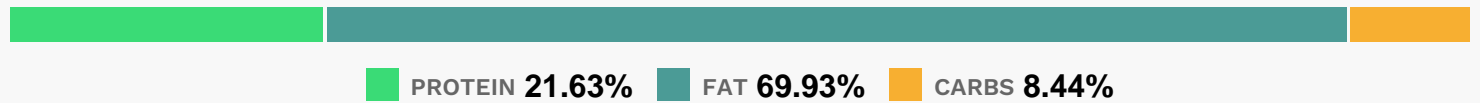
Equipment

- toothpicks

Directions

- Special equipment: Toothpicks
- Spread about a teaspoon of mayonnaise on the inside of a large single outer leaf of iceberg lettuce.
- Place leaf on the counter and top with 2 slices of turkey breast, 2 bacon slices, 2 slices of cheese, and 1 to 2 tomato slices.
- Roll up like a burrito. Close with toothpicks and cut into pinwheels. Repeat to make 4 roll-ups.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:13.803913178651%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 311.28kcal (15.56%), Fat: 24.35g (37.46%), Saturated Fat: 9.69g (60.54%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.63g (1.68%), Sugar: 3.74g (4.16%), Cholesterol: 60.65mg (20.22%), Sodium: 535.11mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin K: 41.82µg (39.83%), Phosphorus: 309.31mg (30.93%), Calcium: 285.35mg (28.53%), Selenium: 18.14µg (25.92%), Vitamin A: 1180.98IU (23.62%), Vitamin B12: 1.11µg (18.46%), Vitamin B3: 3.53mg (17.66%), Vitamin B6: 0.29mg (14.65%), Zinc: 2.1mg (14%), Potassium: 445.11mg (12.72%), Folate: 47.58µg (11.89%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.16mg (10.61%), Manganese: 0.21mg (10.6%), Vitamin C: 7.99mg (9.68%), Fiber: 1.99g (7.94%), Magnesium: 31mg (7.75%), Vitamin E: 0.87mg (5.79%), Vitamin B5: 0.52mg (5.21%), Iron: 0.92mg (5.09%), Copper: 0.08mg (4.23%), Vitamin D: 0.18µg (1.19%)