



Mediterranean Wrap Sandwich

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

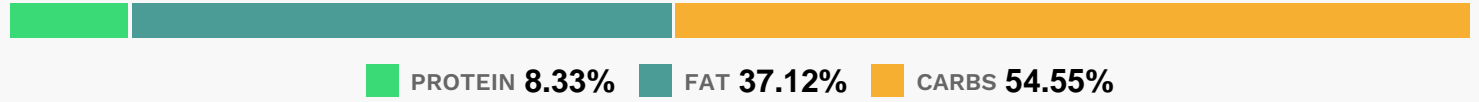
- 0.5 small cucumber cut lengthwise into matchlike sticks
- 4 6-inch flour tortillas ()
- 0.3 tsp garlic powder
- 4 slices oscar mayer honey turkey smoked white
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.3 tsp oregano leaves dried
- 0.5 bell pepper red cut into strips

Equipment

Directions

- Mix mayonnaise and seasonings; spread onto tortillas.
- Top with turkey, peppers and cucumbers; roll up.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:2.5143478201783%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.13kcal (2.71%), Fat: 2.23g (3.44%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.76g (2.46%), Sugar: 1.34g (1.48%), Cholesterol: 0.9mg (0.3%), Sodium: 135.1mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 7.87mg (9.54%), Vitamin K: 5.01µg (4.77%), Vitamin B1: 0.07mg (4.46%), Selenium: 2.86µg (4.08%), Vitamin A: 196.67IU (3.93%), Folate: 15.5µg (3.87%), Manganese: 0.08mg (3.77%), Vitamin B3: 0.6mg (2.98%), Phosphorus: 29.17mg (2.92%), Iron: 0.51mg (2.83%), Fiber: 0.63g (2.51%), Vitamin B2: 0.04mg (2.43%), Calcium: 20.18mg (2.02%), Vitamin E: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.52%), Potassium: 41.73mg (1.19%), Magnesium: 4.6mg (1.15%), Copper: 0.02mg (1.05%)