



Parmesan-Turkey-Ranch Rollups

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

Ingredients

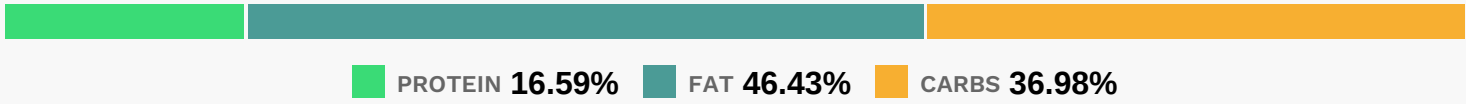
- ☐ 12 ounces deli turkey thinly sliced
- ☐ 8 7-inch flour tortillas
- ☐ 4 green onions diced
- ☐ 2 cups iceberg lettuce chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.8 cup ranch dressing
- ☐ 1 medium tomatoes diced seeded

Equipment

Directions

- ☐ Spread dressing evenly on 1 side of each tortilla.
- ☐ Sprinkle evenly with Parmesan cheese, green onions, and tomato. Top with lettuce and turkey.
- ☐ Roll up tortillas; secure with wooden picks.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:7.53, Inflammation Score:-5, Nutrition Score:11.07043487611%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 306.75kcal (15.34%), Fat: 15.8g (24.31%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 26.15g (9.51%), Sugar: 4.39g (4.88%), Cholesterol: 24.9mg (8.3%), Sodium: 1161.08mg (50.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.41%), Vitamin K: 51.54µg (49.09%), Phosphorus: 284.4mg (28.44%), Selenium: 13.29µg (18.98%), Vitamin B1: 0.25mg (16.85%), Manganese: 0.29mg (14.58%), Calcium: 142.49mg (14.25%), Folate: 55.88µg (13.97%), Iron: 2.44mg (13.56%), Vitamin B3: 2.2mg (10.98%), Vitamin B2: 0.18mg (10.77%), Copper: 0.18mg (8.97%), Fiber: 2.17g (8.67%), Magnesium: 29.07mg (7.27%), Potassium: 248.95mg (7.11%), Vitamin A: 340.87IU (6.82%), Zinc: 0.99mg (6.63%), Vitamin E: 0.68mg (4.53%), Vitamin C: 3.74mg (4.53%), Vitamin B6: 0.06mg (3.12%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.12µg (2.04%)