



## Philly-Style Wrap

READY IN



10 min.

SERVINGS



1

CALORIES



460 kcal

### Ingredients

- 4 slices oscar mayer ham smoked shaved
- 1 singles cut in half kraft
- 1 tsp oil
- 0.3 cup onions sliced
- 0.5 cup pepper strips green
- 18-inch tortillas whole wheat ()

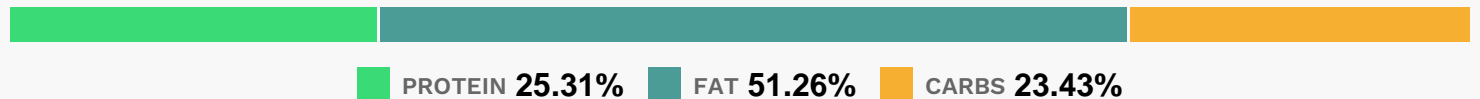
### Equipment

- frying pan

## Directions

- Cook and stir vegetables in hot oil in small nonstick skillet on medium-high heat 3 min. or until crisp-tender.
- Top with ham; cook 2 min. or until heated through.
- Place Singles on half of tortilla; top with vegetables and ham.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:18.077391541522%

## Flavonoids

Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg

## Nutrients (% of daily need)

Calories: 459.92kcal (23%), Fat: 26.12g (40.19%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 22.25g (8.09%), Sugar: 5.33g (5.92%), Cholesterol: 69.6mg (23.2%), Sodium: 1595.05mg (69.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin C: 62.86mg (76.19%), Vitamin B1: 0.73mg (48.93%), Selenium: 25.62µg (36.61%), Vitamin B6: 0.64mg (32.02%), Phosphorus: 275.41mg (27.54%), Vitamin B3: 5.4mg (27%), Zinc: 2.79mg (18.59%), Fiber: 4.61g (18.45%), Vitamin B2: 0.28mg (16.59%), Potassium: 511.45mg (14.61%), Iron: 2.27mg (12.62%), Vitamin B12: 0.72µg (11.95%), Calcium: 102.72mg (10.27%), Vitamin E: 1.47mg (9.83%), Vitamin K: 8.88µg (8.46%), Magnesium: 32.73mg (8.18%), Manganese: 0.16mg (7.91%), Copper: 0.16mg (7.89%), Vitamin B5: 0.63mg (6.35%), Vitamin A: 298.11IU (5.96%), Vitamin D: 0.78µg (5.23%), Folate: 18.41µg (4.6%)