



Skinny Veggie-Ranch Turkey Wraps

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- 1 large bell pepper sweet green red cut into 1/2-inch-wide strips
- 1 medium to 3 sized squashes yellow cut lengthwise into 1/4-inch-thick slices
- 1 small onion red cut into 1-inch-wide wedges
- 2 teaspoons canola oil
- 3 tablespoons ranch dressing reduced-calorie
- 3 10-inch tortillas whole
- 6 ounces turkey breast cooked thinly sliced
- 2 ounces monterrey jack cheese with jalapeño chile reduced-fat

- 1 serving pasilla peppers cut into thin slices
- 0.3 cup cilantro leaves fresh snipped

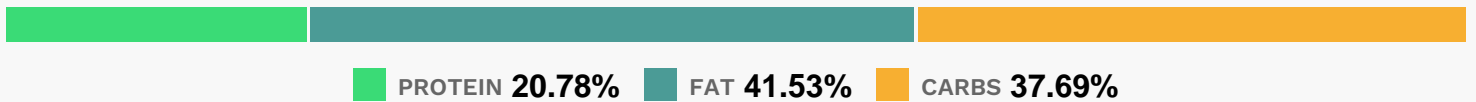
Equipment

- grill
- wok

Directions

- Brush sweet pepper, squash, and onion with oil.
- Place vegetables in a greased grill wok, grill basket, or grill tray. For a charcoal grill, place wok, basket, or tray on the rack of an uncovered grill directly over medium-hot coals. Grill just until tender, turning occasionally; allow 6 to 8 minutes for sweet pepper and squash and 10 to 12 minutes for onion.
- Remove vegetables from grill; set aside and keep warm. (For a gas grill, preheat grill. Reduce heat to medium.
- Place wok, basket, or tray on grill rack over heat. Cover and grill as above.)
- To assemble wraps, spread ranch dressing on one side of each tortilla. Divide turkey among tortillas. Top with cheese. Spoon grilled vegetables over cheese just below center of each tortilla. Top vegetables with cilantro. Fold bottom third of each tortilla partially over the vegetables. Fold in sides and roll up tortillas.
- Cut wraps in half.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:6.2, Inflammation Score:-6, Nutrition Score:12.856956652973%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 235.18kcal (11.76%), Fat: 10.95g (16.84%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 19.81g (7.2%), Sugar: 4.11g (4.56%), Cholesterol: 25.67mg (8.56%), Sodium: 443.08mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin C: 37.04mg (44.9%), Vitamin B3: 4.74mg (23.7%), Selenium: 16.04µg (22.91%), Phosphorus: 220.41mg (22.04%), Vitamin B6: 0.43mg (21.39%), Vitamin K: 19.63µg (18.7%), Vitamin B1: 0.23mg (15.58%), Manganese: 0.31mg (15.41%), Vitamin B2: 0.25mg (14.47%), Calcium: 140.95mg (14.1%), Folate: 53.98µg (13.5%), Fiber: 2.55g (10.19%), Iron: 1.81mg (10.03%), Potassium: 305.82mg (8.74%), Magnesium: 29mg (7.25%), Zinc: 1.03mg (6.85%), Vitamin A: 329.7IU (6.59%), Copper: 0.11mg (5.27%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.27µg (4.5%), Vitamin E: 0.64mg (4.26%)