



Skinny Veggie-Ranch Turkey Wraps

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup cilantro leaves fresh snipped
- ☐ 2 ounces monterrey jack cheese with jalapeño chile reduced-fat
- ☐ 6 servings pasilla peppers cut into thin slices
- ☐ 3 tablespoons ranch dressing reduced-calorie
- ☐ 1 large bell pepper sweet green red cut into 1/2-inch-wide strips
- ☐ 1 small onion red cut into 1-inch-wide wedges
- ☐ 3 10-inch tortillas whole

- ☐ 6 ounces turkey breast cooked thinly sliced
- ☐ 1 medium to 3 sized squashes yellow cut lengthwise into 1/4-inch-thick slices

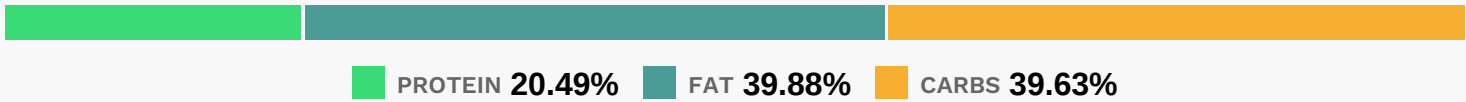
Equipment

- ☐ 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:6.35, Inflammation Score:-7, Nutrition Score:16.442608797032%

Flavonoids

Luteolin: 4.09mg, Luteolin: 4.09mg, Luteolin: 4.09mg, Luteolin: 4.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 245.1kcal (12.25%), Fat: 11.03g (16.97%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 21.27g (7.73%), Sugar: 5.3g (5.89%), Cholesterol: 25.67mg (8.56%), Sodium: 444.57mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Vitamin C: 76.9mg (93.22%), Vitamin B6: 0.54mg (26.94%), Vitamin B3: 4.98mg (24.89%), Phosphorus: 230.33mg (23.03%), Selenium: 16.04µg (22.91%), Vitamin K: 23.3µg (22.19%), Manganese: 0.37mg (18.43%), Vitamin B1: 0.26mg (17.47%), Vitamin B2: 0.26mg (15.29%), Folate: 58.94µg (14.73%), Calcium: 145.91mg (14.59%), Fiber: 3.39g (13.56%), Potassium: 392.6mg (11.22%), Iron: 1.97mg (10.97%), Vitamin A: 513.16IU (10.26%), Magnesium: 33.96mg (8.49%), Zinc: 1.09mg (7.28%), Copper: 0.14mg (6.91%), Vitamin E: 0.82mg (5.48%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.27µg (4.5%)