



Smoked Turkey Wrap

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

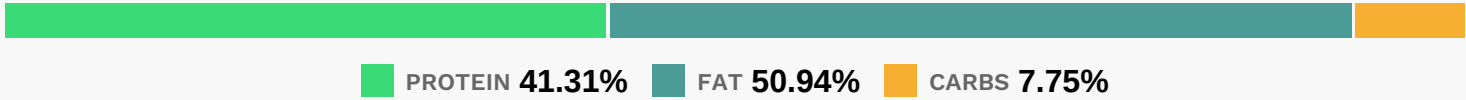
- ☐ 1 cup baby spinach fresh chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoons basil fresh chopped
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 4 slices tomatoes
- ☐ 1 9-inch tomato-basil wrap ()
- ☐ 5 ounces turkey breast smoked

Equipment

Directions

- ☐ Spread cream cheese over half of 1 side of wrap.
- ☐ Spread mustard over cream cheese and remaining half of wrap. Top with turkey and remaining ingredients; roll up tightly.
- ☐ Cut diagonally in half.

Nutrition Facts



Properties

Glycemic Index:199, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:24.972173815188%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 310.98kcal (15.55%), Fat: 17.47g (26.87%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.97g (2.19%), Cholesterol: 102.98mg (34.33%), Sodium: 1694.73mg (73.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Vitamin K: 154.68µg (147.32%), Vitamin A: 3255.08IU (65.1%), Phosphorus: 553.17mg (55.32%), Vitamin B3: 10.51mg (52.57%), Selenium: 29.29µg (41.85%), Calcium: 346.07mg (34.61%), Vitamin B6: 0.69mg (34.3%), Vitamin B2: 0.42mg (24.78%), Potassium: 761.67mg (21.76%), Manganese: 0.38mg (19.09%), Folate: 73.66µg (18.41%), Zinc: 2.74mg (18.27%), Magnesium: 69.72mg (17.43%), Vitamin B12: 0.84µg (13.95%), Vitamin C: 9.4mg (11.39%), Iron: 2.03mg (11.28%), Vitamin B1: 0.11mg (7.56%), Vitamin E: 0.98mg (6.54%), Vitamin B5: 0.58mg (5.79%), Fiber: 1.41g (5.65%), Copper: 0.11mg (5.31%), Vitamin D: 0.51µg (3.4%)