



Smoked Turkey Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups the salad mixed loosely packed
- ☐ 13 ounce alouette garlic & herbs spreadable cheese softened
- ☐ 8 servings caramelized onions
- ☐ 16 bacon crumbled cooked
- ☐ 8 10-inch flour tortilla whole ()
- ☐ 1.5 pounds turkey smoked thinly sliced

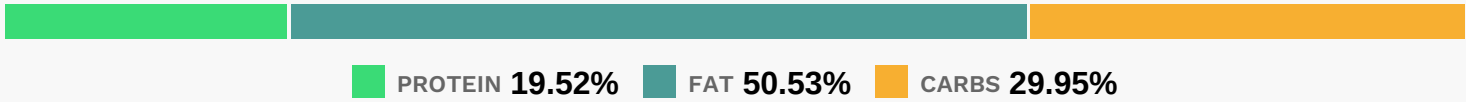
Equipment

- ☐ baking paper

Directions

- ☐ Spread softened cheese evenly over whole grain pita wraps; top cheese evenly with Caramelized Onions and remaining ingredients.
- ☐ Roll up, and wrap in parchment paper; chill.
- ☐ Cut in half to serve.
- ☐ * For testing purposes only, we used Alouette Garlic et Herbes Gourmet
- ☐ Spreadable Cheese for garlic-herb-flavored cheese.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:11.23, Inflammation Score:-5, Nutrition Score:16.438695635485%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 543.66kcal (27.18%), Fat: 30.67g (47.18%), Saturated Fat: 13.87g (86.69%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 38.2g (13.89%), Sugar: 3.27g (3.63%), Cholesterol: 109.39mg (36.46%), Sodium: 1107.8mg (48.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Selenium: 36.74µg (52.48%), Vitamin B3: 9.51mg (47.55%), Phosphorus: 328.93mg (32.89%), Vitamin B1: 0.48mg (32.24%), Vitamin B6: 0.52mg (26.13%), Vitamin B2: 0.36mg (21.19%), Manganese: 0.41mg (20.27%), Folate: 80.28µg (20.07%), Iron: 3.37mg (18.72%), Vitamin B12: 0.91µg (15.18%), Zinc: 2mg (13.35%), Calcium: 116.65mg (11.67%), Fiber: 2.7g (10.82%), Potassium: 358.9mg (10.25%), Magnesium: 39.16mg (9.79%), Vitamin B5: 0.83mg (8.26%), Copper: 0.15mg (7.6%), Vitamin C: 5.75mg (6.97%), Vitamin A: 267.24IU (5.34%), Vitamin K: 5.1µg (4.86%), Vitamin D: 0.25µg (1.63%)