



Smokey Turkey Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



19 kcal

SIDE DISH

Ingredients

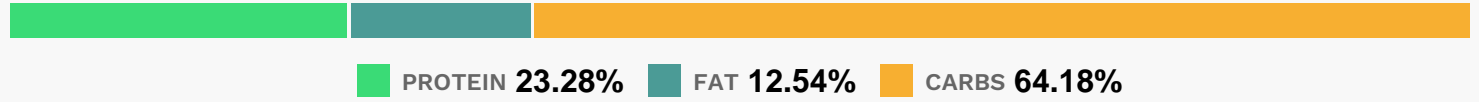
- 1 tsp bull's-eye original barbecue sauce
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 large romaine leaves
- 1 Tbsp miracle whip dressing light
- 1 onion red thin
- 2 slices tomatoes thin
- 1 6-inch tortillas whole wheat ()

Equipment

Directions

- Spread tortilla evenly with dressing; drizzle with barbecue sauce.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:0.74782609032548%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 18.55kcal (0.93%), Fat: 0.26g (0.41%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.02g (1.14%), Cholesterol: 1.68mg (0.56%), Sodium: 92.27mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin A: 181.81IU (3.64%), Fiber: 0.42g (1.69%), Vitamin C: 1.28mg (1.55%), Phosphorus: 15.25mg (1.52%), Manganese: 0.02mg (1.11%)