

Smokie Wraps with Honey Dijon Dipping Sauce

 Dairy Free

READY IN



18 min.

SERVINGS



18

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup grey poupon dijon mustard
- 8 6-inch flour tortillas ()
- 0.3 cup honey
- 16 oz oscar mayer selects uncured hardwood turkey franks smoked

Equipment

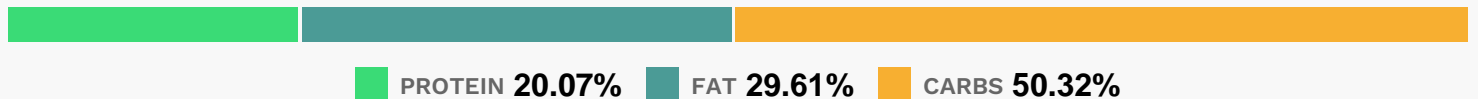
- baking sheet
- oven

toothpicks

Directions

- Heat oven to 350 F.
- Mix mustard and honey until well blended.
- Spread tortillas lightly with the mustard mixture.
- Roll 1 frank in each tortilla.
- Cut each tortilla into 6 pieces; secure with toothpick.
- Place on nonstick baking sheet (or on baking sheet sprayed with cooking spray). Reserve remaining mustard mixture for dipping.
- Bake 5 to 8 minutes or until heated through.
- Serve with the reserved mustard mixture.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:2.1265217162993%

Nutrients (% of daily need)

Calories: 104.42kcal (5.22%), Fat: 3.57g (5.49%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.86g (4.68%), Sugar: 6.25g (6.95%), Cholesterol: 17.64mg (5.88%), Sodium: 416.38mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Selenium: 5.38µg (7.68%), Vitamin B1: 0.08mg (5.34%), Manganese: 0.1mg (4.99%), Iron: 0.87mg (4.85%), Phosphorus: 35.19mg (3.52%), Calcium: 34.28mg (3.43%), Folate: 13.14µg (3.29%), Vitamin B3: 0.64mg (3.18%), Fiber: 0.78g (3.11%), Vitamin B2: 0.04mg (2.62%), Magnesium: 6.38mg (1.59%), Copper: 0.02mg (1.06%), Vitamin K: 1.06µg (1.01%)