



Southwestern Club Wrap

READY IN



5 min.

SERVINGS



2

CALORIES



570 kcal

Ingredients

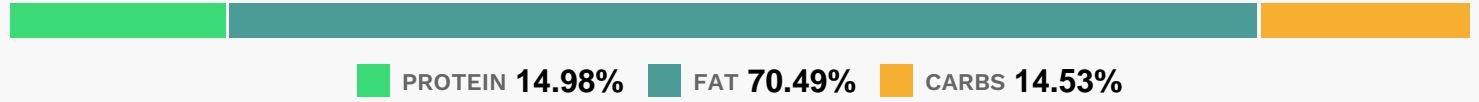
- 6 slices oscar mayer bacon fully cooked
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 2 6-inch flour tortillas ()
- 0.5 cup lettuce shredded
- 2 Tbsp real mayo mayonnaise kraft
- 2 Tbsp taco bellâ® & chunky salsa thick
- 0.3 cup cheddar cheese shredded kraft
- 1 small tomatoes chopped

Equipment

Directions

- Spread tortillas with mayo.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:5.38, Inflammation Score:-6, Nutrition Score:15.818695918373%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 569.7kcal (28.48%), Fat: 44.54g (68.52%), Saturated Fat: 14.2g (88.75%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 18.52g (6.73%), Sugar: 3.75g (4.16%), Cholesterol: 81.84mg (27.28%), Sodium: 1330.68mg (57.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Selenium: 29.2µg (41.72%), Vitamin B3: 7.74mg (38.72%), Phosphorus: 337.23mg (33.72%), Vitamin K: 33.68µg (32.08%), Vitamin B1: 0.39mg (25.76%), Vitamin B6: 0.44mg (22%), Calcium: 164.86mg (16.49%), Vitamin A: 733.94IU (14.68%), Vitamin B2: 0.25mg (14.56%), Potassium: 491.07mg (14.03%), Manganese: 0.26mg (13.02%), Zinc: 1.8mg (12.01%), Folate: 47.14µg (11.79%), Iron: 1.82mg (10.13%), Vitamin E: 1.46mg (9.7%), Vitamin B5: 0.94mg (9.42%), Magnesium: 36.8mg (9.2%), Vitamin B12: 0.55µg (9.11%), Vitamin C: 7.08mg (8.58%), Fiber: 2.14g (8.54%), Copper: 0.12mg (5.82%), Vitamin D: 0.41µg (2.75%)