



## Taco Turkey Wraps

READY IN



10 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound turkey breast thinly sliced
- 6 8-inch flour tortilla warmed (es)
- 6 servings salsa
- 4 ounces cheddar cheese shredded
- 0.7 cup cream sour
- 2 tablespoons taco seasoning

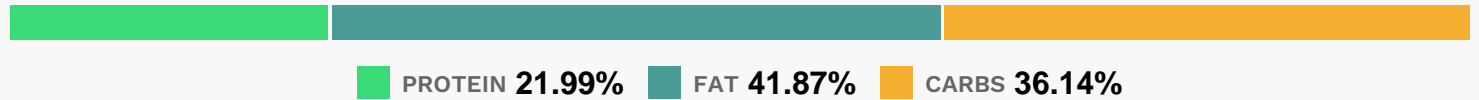
### Equipment

- bowl

## Directions

- In a small bowl, combine sour cream and taco seasoning.
- Spread over tortillas.
- Sprinkle with cheese. Top with turkey; roll up.
- Serve with salsa if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:7.96, Inflammation Score:-5, Nutrition Score:12.989565097767%

## Nutrients (% of daily need)

Calories: 323.34kcal (16.17%), Fat: 15.11g (23.24%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 26.82g (9.75%), Sugar: 4.39g (4.88%), Cholesterol: 53.44mg (17.81%), Sodium: 853.02mg (37.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Selenium: 24.02µg (34.32%), Vitamin B3: 6.41mg (32.05%), Phosphorus: 306.71mg (30.67%), Calcium: 239.07mg (23.91%), Vitamin B6: 0.4mg (20.07%), Vitamin B1: 0.29mg (19.31%), Vitamin B2: 0.31mg (18.35%), Manganese: 0.3mg (14.89%), Folate: 55.86µg (13.96%), Iron: 2.38mg (13.2%), Vitamin A: 523.09IU (10.46%), Fiber: 2.52g (10.07%), Zinc: 1.48mg (9.86%), Vitamin B12: 0.52µg (8.74%), Magnesium: 32.75mg (8.19%), Potassium: 285.79mg (8.17%), Vitamin B5: 0.57mg (5.74%), Vitamin K: 5.87µg (5.59%), Copper: 0.1mg (5.14%), Vitamin E: 0.56mg (3.72%), Vitamin C: 1.21mg (1.47%)