



Tasty Turkey Wrap

READY IN



15 min.

SERVINGS



2

CALORIES



371 kcal

SIDE DISH

Ingredients

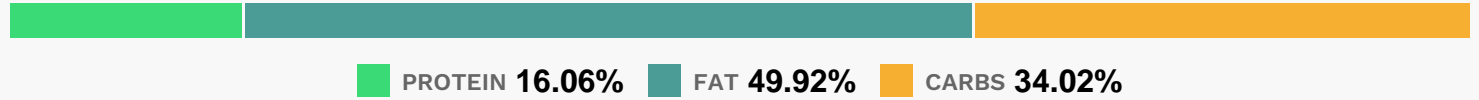
- 4 slices oscar mayer bacon cooked
- 2 6-inch flour tortillas ()
- 2 singles kraft
- 2 lettuce leaves
- 1 Tbsp miracle whip dressing
- 2 oz turkey breast cooked thin
- 0.3 cup berry cranberry sauce whole

Equipment

Directions

- Mix cranberry sauce and dressing; spread onto tortillas.
- Top with remaining ingredients; fold in half.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:11.612608728201%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 371.36kcal (18.57%), Fat: 20.61g (31.71%), Saturated Fat: 6.87g (42.91%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 29.77g (10.83%), Sugar: 13.39g (14.88%), Cholesterol: 45.23mg (15.08%), Sodium: 654.97mg (28.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Vitamin A: 1840.79IU (36.82%), Selenium: 22.25µg (31.79%), Vitamin B3: 6.04mg (30.2%), Phosphorus: 210.05mg (21.01%), Vitamin B1: 0.31mg (20.73%), Vitamin B6: 0.38mg (19.17%), Manganese: 0.25mg (12.4%), Vitamin B2: 0.2mg (11.5%), Iron: 1.79mg (9.96%), Folate: 39.65µg (9.91%), Zinc: 1.13mg (7.53%), Fiber: 1.83g (7.32%), Potassium: 255.87mg (7.31%), Calcium: 67.26mg (6.73%), Vitamin B12: 0.4µg (6.64%), Magnesium: 22.79mg (5.7%), Vitamin C: 4.67mg (5.66%), Vitamin B5: 0.51mg (5.13%), Vitamin E: 0.6mg (4.02%), Copper: 0.07mg (3.68%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.2µg (1.36%)