



## Tex-Mex Turkey Wraps

READY IN



10 min.

SERVINGS



10

CALORIES



26 kcal

SIDE DISH

### Ingredients

- 6 slices oscar mayer deli bold mesquite turkey breast smoked fresh
- 2 6-inch flour tortillas ()
- 1 tsp cilantro leaves fresh chopped
- 0.5 cup lettuce shredded
- 1 Tbsp miracle whip dressing light
- 2 Tbsp taco bellâ® & chunky salsa thick
- 1 slim cut sharp cheddar cheese cut in half kraft

### Equipment

## Directions

- Mix dressing and cilantro; spread onto tortillas.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.0582608614603%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 25.69kcal (1.28%), Fat: 0.6g (0.93%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.43g (1.25%), Sugar: 0.68g (0.75%), Cholesterol: 1.78mg (0.59%), Sodium: 138.62mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Phosphorus: 25.91mg (2.59%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.4µg (2%), Manganese: 0.04mg (1.91%), Folate: 6.86µg (1.71%), Iron: 0.3mg (1.68%), Vitamin B3: 0.31mg (1.55%), Vitamin K: 1.48µg (1.41%), Fiber: 0.35g (1.39%), Calcium: 11.75mg (1.18%), Vitamin B2: 0.02mg (1.14%), Copper: 0.02mg (1.08%)