



Thai Turkey Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- 2 Tbsp asian sesame dressing toasted kraft
- 2 Tbsp creamy peanut butter
- 16 slices oscar mayer deli turkey breast smoked fresh
- 4 6-inch flour tortillas ()
- 2 Tbsp cilantro leaves fresh chopped
- 2 cups coleslaw blend (cabbage slaw mix)
- 2 Tbsp real mayo mayonnaise kraft
- 0.5 tsp pepper sauce hot

2 Tbsp planters lightly roasted peanuts salted dry chopped

Equipment

bowl

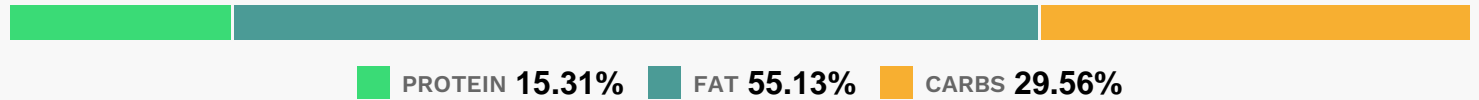
Directions

Mix first 4 ingredients in medium bowl until well blended.

Add coleslaw blend; toss to coat.

Top tortillas with turkey, coleslaw mixture, nuts and cilantro; roll up.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:5.41, Inflammation Score:-4, Nutrition Score:10.605652243547%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 286.61kcal (14.33%), Fat: 17.98g (27.66%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 18.85g (6.85%), Sugar: 4.33g (4.81%), Cholesterol: 13.14mg (4.38%), Sodium: 804.28mg (34.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Vitamin K: 45.15µg (43%), Manganese: 0.44mg (22.04%), Phosphorus: 196.18mg (19.62%), Vitamin C: 13.31mg (16.14%), Vitamin B3: 3.22mg (16.11%), Folate: 56.94µg (14.23%), Vitamin B1: 0.2mg (13.35%), Fiber: 2.84g (11.37%), Selenium: 7.79µg (11.12%), Iron: 1.93mg (10.72%), Magnesium: 41.51mg (10.38%), Vitamin E: 1.41mg (9.42%), Copper: 0.19mg (9.32%), Potassium: 262.37mg (7.5%), Calcium: 72.49mg (7.25%), Vitamin B2: 0.12mg (7.07%), Vitamin B6: 0.11mg (5.56%), Zinc: 0.82mg (5.47%), Vitamin B5: 0.29mg (2.91%), Vitamin A: 56.13IU (1.12%)