



Toasted Sesame Turkey Wrap

READY IN



10 min.

SERVINGS



2

CALORIES



273 kcal

Ingredients

- 1 Tbsp asian sesame dressing toasted kraft
- 1 small carrots shredded
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 2 8-inch flour tortillas fat-free ()
- 2 leaf lettuce leaves
- 2 milk singles 2% kraft

Equipment

Directions

Combine carrots and dressing.

Top tortillas with turkey, 2% Milk Singles, lettuce and carrot mixture; roll up.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:15.795652170544%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 272.96kcal (13.65%), Fat: 9.1g (14.02%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 27.88g (10.14%), Sugar: 4.34g (4.83%), Cholesterol: 36.8mg (12.27%), Sodium: 1214.96mg (52.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Vitamin A: 4260.92IU (85.22%), Vitamin B3: 9.03mg (45.14%), Phosphorus: 303.02mg (30.3%), Selenium: 21.06µg (30.09%), Vitamin B1: 0.31mg (20.6%), Vitamin B6: 0.39mg (19.32%), Manganese: 0.31mg (15.33%), Folate: 58.16µg (14.54%), Iron: 2.26mg (12.58%), Vitamin B2: 0.21mg (12.49%), Potassium: 418.85mg (11.97%), Vitamin K: 11.45µg (10.91%), Fiber: 2.58g (10.3%), Calcium: 93.71mg (9.37%), Vitamin B5: 0.86mg (8.57%), Magnesium: 33.18mg (8.3%), Vitamin E: 0.8mg (5.32%), Zinc: 0.71mg (4.75%), Copper: 0.08mg (3.94%), Vitamin C: 1.66mg (2.01%), Vitamin B12: 0.11µg (1.77%)