



Turkey-And-Chutney Pita Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

Ingredients

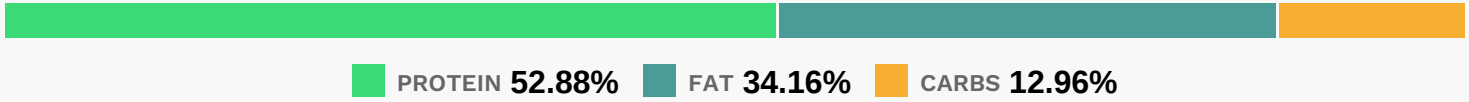
- ☐ 1 cup alfalfa sprouts
- ☐ 0.5 pound deli turkey breast lean cooked thinly sliced
- ☐ 0.3 cup cream cheese light tub-style
- ☐ 3 tablespoons cranberry chutney (such as Major Grey)
- ☐ 2 honey pita wraps whole wheat

Equipment

Directions

- ☐
- Spread pita wraps with cream cheese to within 1/2 inch of edge. Top evenly with chutney, turkey, and sprouts, spreading to within 1 inch of edge.
- ☐
- Roll up each pita wrap tightly, pressing gently to hold together.
- ☐
- Cut each in half.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:7.0452173119006%

Flavonoids

Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.45mg, Peonidin: 5.45mg, Peonidin: 5.45mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 106.17kcal (5.31%), Fat: 4.09g (6.28%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.68g (1.87%), Cholesterol: 41.42mg (13.81%), Sodium: 189.33mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Vitamin B3: 5.73mg (28.64%), Vitamin B6: 0.46mg (22.98%), Selenium: 14.04µg (20.06%), Phosphorus: 172.99mg (17.3%), Vitamin B12: 0.54µg (9.02%), Vitamin B2: 0.13mg (7.8%), Vitamin B5: 0.69mg (6.91%), Zinc: 0.95mg (6.33%), Potassium: 203.82mg (5.82%), Magnesium: 19.35mg (4.84%), Calcium: 41.24mg (4.12%), Manganese: 0.08mg (4.1%), Vitamin K: 3.3µg (3.14%), Copper: 0.06mg (2.85%), Vitamin A: 141.23IU (2.82%), Folate: 11.07µg (2.77%), Vitamin C: 2.23mg (2.7%), Iron: 0.46mg (2.57%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.61g (2.44%), Vitamin E: 0.24mg (1.6%)