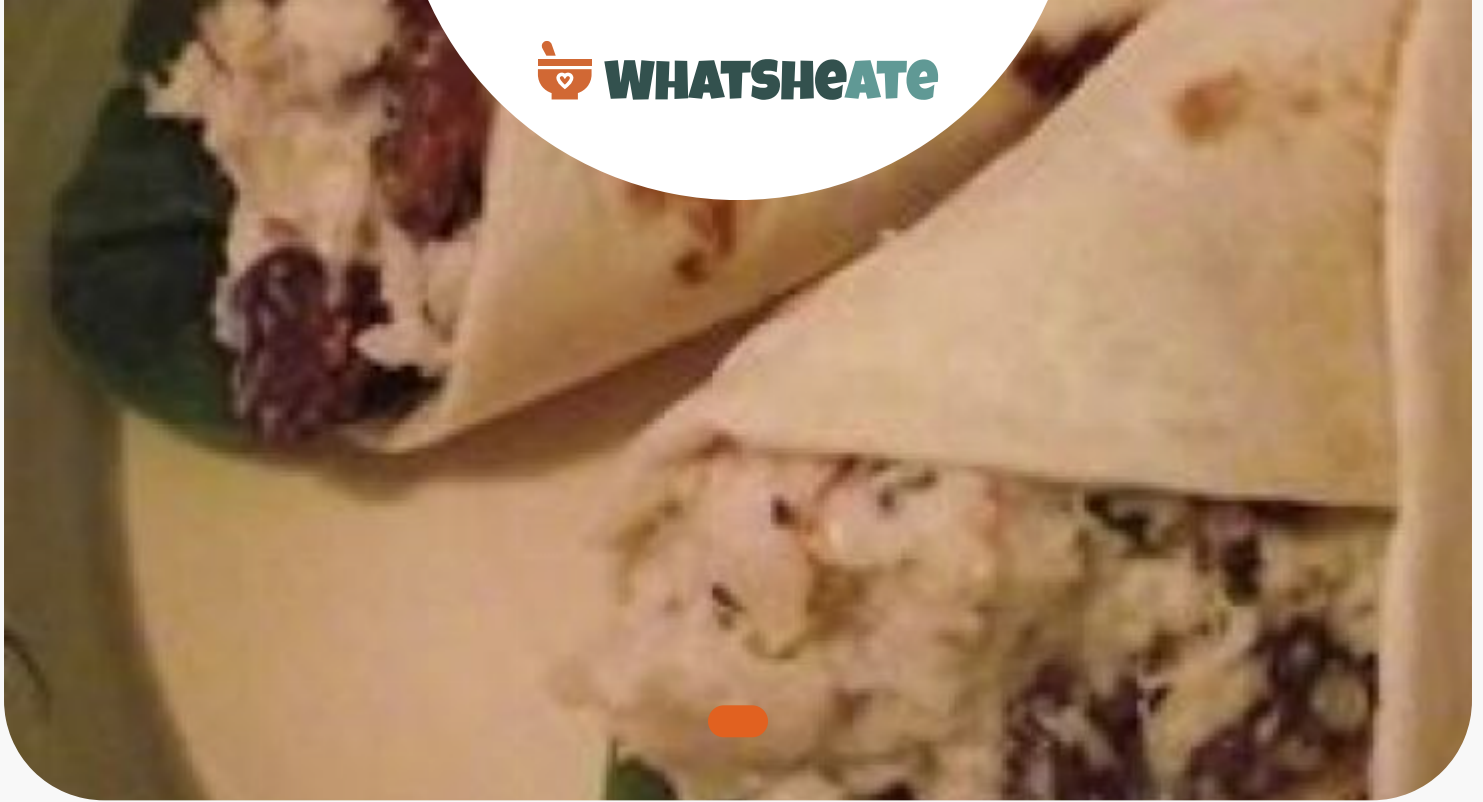




Turkey and Grape Wraps

READY IN



15 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 8-inch flour tortillas
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups grapes red seedless halved
- ☐ 4 large spinach leaves fresh
- ☐ 4 cups turkey cooked chopped

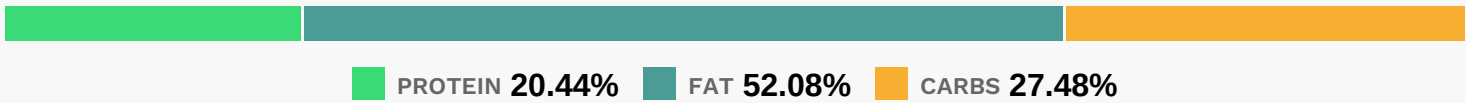
Equipment

☐ bowl

Directions

- ☐ Lightly mix the turkey, grapes, Parmesan cheese, and mayonnaise in a bowl until well combined. Season to taste with salt and black pepper.
- ☐ Place the 4 tortillas out onto a work surface, and place 1 spinach leaf in the middle of each. Spoon 1/4 of the turkey filling into each spinach leaf, in a line. Fold up the bottom of each tortilla to hold the filling, then wrap tightly. Leave the tops open.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:14.03, Inflammation Score:-5, Nutrition Score:20.875217199326%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 591.82kcal (29.59%), Fat: 34.25g (52.7%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 38.16g (13.88%), Sugar: 13.83g (15.36%), Cholesterol: 94.2mg (31.4%), Sodium: 885.56mg (38.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Vitamin K: 65.54µg (62.42%), Selenium: 37.65µg (53.79%), Vitamin B3: 10mg (50%), Phosphorus: 387.84mg (38.78%), Vitamin B6: 0.7mg (35.25%), Vitamin B2: 0.43mg (25.36%), Vitamin B1: 0.36mg (24.23%), Vitamin B12: 1.41µg (23.58%), Calcium: 207.12mg (20.71%), Zinc: 2.68mg (17.88%), Manganese: 0.35mg (17.59%), Iron: 3.13mg (17.39%), Folate: 60.51µg (15.13%), Potassium: 466.12mg (13.32%), Copper: 0.24mg (11.92%), Magnesium: 46.97mg (11.74%), Vitamin B5: 1.02mg (10.18%), Fiber: 2.51g (10.05%), Vitamin E: 1.24mg (8.24%), Vitamin A: 326.14IU (6.52%), Vitamin C: 2.7mg (3.27%), Vitamin D: 0.42µg (2.78%)