

Turkey & Apple Wrap

READY IN



5 min.

SERVINGS



1

CALORIES



196 kcal

SIDE DISH

Ingredients

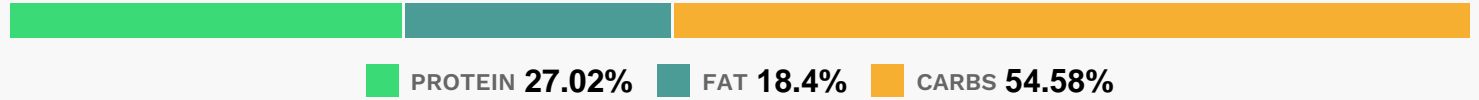
- 0.3 cup baby spinach leaves
- 5 slices oscar mayer deli oven roasted turkey breast fresh
- 1 tsp grey poupon dijon mustard
- 1 6-inch flour tortilla ()
- 2 tsp miracle whip dressing light
- 0.5 cup apples red

Equipment

Directions

- Spread tortilla with dressing and mustard.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:130, Glycemic Load:7.01, Inflammation Score:-6, Nutrition Score:11.848260714956%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 196.27kcal (9.81%), Fat: 4.09g (6.29%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 24.16g (8.79%), Sugar: 9.2g (10.22%), Cholesterol: 31.5mg (10.5%), Sodium: 979.15mg (42.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Vitamin K: 39.83µg (37.94%), Vitamin B3: 6.9mg (34.51%), Selenium: 16.39µg (23.41%), Phosphorus: 232.45mg (23.25%), Vitamin B6: 0.33mg (16.42%), Vitamin A: 752.88IU (15.06%), Vitamin B1: 0.21mg (13.71%), Manganese: 0.27mg (13.57%), Fiber: 3.12g (12.48%), Folate: 49.17µg (12.29%), Potassium: 374.63mg (10.7%), Vitamin B2: 0.16mg (9.47%), Iron: 1.69mg (9.4%), Magnesium: 33.65mg (8.41%), Vitamin B5: 0.69mg (6.92%), Calcium: 65.32mg (6.53%), Vitamin C: 5mg (6.06%), Zinc: 0.56mg (3.74%), Copper: 0.07mg (3.68%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.08µg (1.4%)