



Turkey, Bacon and Guacamole Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado pitted ripe peeled mashed
- 9 oz from 1 bottle old el mild taco sauce
- 0.3 teaspoon garlic salt
- 11 oz flour tortilla for burritos (8 count)
- 8 oz turkey cooked thinly sliced
- 8 slices farro (from 2.2-oz package)
- 4 leaves the of 1 cos lettuce
- 0.3 cup roasted peppers red drained (from 7-oz jar)

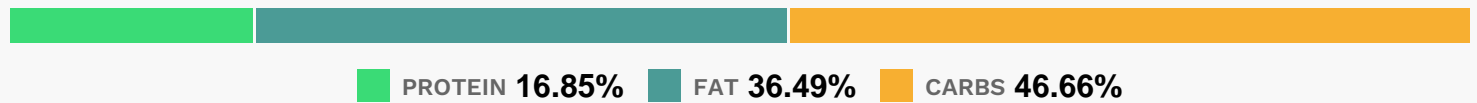
Equipment

- bowl
- plastic wrap

Directions

- In small bowl, mix avocado, taco sauce and garlic salt.
- Spread about 1 tablespoon on each tortilla.
- Top tortillas with turkey; spread with any remaining avocado mixture. Top with bacon, lettuce and bell peppers.
- Fold in sides of each tortilla; roll up.
- Cut each in half.
- Serve immediately, or wrap each sandwich in plastic wrap, then refrigerate until serving or up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:12.53, Inflammation Score:-9, Nutrition Score:21.953913048558%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 392.17kcal (19.61%), Fat: 16.07g (24.72%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 39.36g (14.31%), Sugar: 3.59g (3.99%), Cholesterol: 28.98mg (9.66%), Sodium: 890.98mg (38.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.39%), Vitamin A: 2580.35IU (51.61%), Vitamin K: 44.88µg (42.74%), Folate: 156.6µg (39.15%), Vitamin B3: 7.7mg (38.48%), Selenium: 26.47µg (37.82%), Vitamin B1: 0.47mg (31.28%), Manganese: 0.59mg (29.4%), Phosphorus: 278.01mg (27.8%), Fiber: 6.86g (27.46%), Iron: 4.12mg

(22.86%), Vitamin B6: 0.45mg (22.74%), Vitamin B2: 0.38mg (22.49%), Potassium: 570.66mg (16.3%), Magnesium: 63.7mg (15.92%), Calcium: 152.09mg (15.21%), Vitamin C: 10.21mg (12.38%), Vitamin B5: 1.2mg (11.98%), Copper: 0.23mg (11.73%), Zinc: 1.68mg (11.17%), Vitamin B12: 0.49µg (8.19%), Vitamin E: 1.11mg (7.42%)