



## Turkey, Bacon and Guacamole Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



488 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado pitted ripe peeled mashed
- 8 slices bacon (from 2.2-oz package)
- 4 8-inch flour tortilla for burritos (; from 11-oz package)
- 0.3 teaspoon garlic salt
- 1 tablespoon sauce
- 0.3 cup roasted peppers red drained (from 7-oz jar)
- 4 leaves the of 1 cos lettuce
- 8 oz turkey cooked thinly sliced

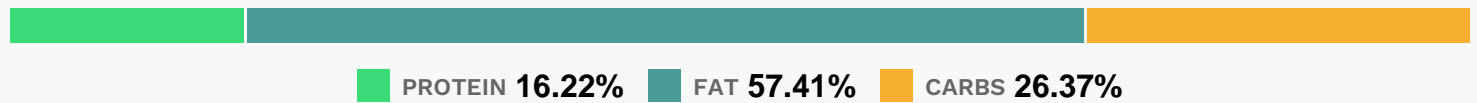
## Equipment

- 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:8.33, Inflammation Score:-9, Nutrition Score:21.020434897879%

## 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: 487.61kcal (24.38%), Fat: 31.31g (48.17%), Saturated Fat: 9.01g (56.33%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 26.52g (9.64%), Sugar: 3.45g (3.83%), Cholesterol: 58.02mg (19.34%), Sodium: 1027.61mg (44.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.9g (39.8%), Vitamin A: 2596.49IU (51.93%), Selenium: 29.13µg (41.62%), Vitamin K: 42.92µg (40.88%), Vitamin B3: 8.11mg (40.53%), Folate: 130.94µg (32.74%), Vitamin B1: 0.45mg (30.22%), Phosphorus: 278.37mg (27.84%), Vitamin B6: 0.55mg (27.69%), Fiber: 5.84g

(23.38%), Vitamin B2: 0.34mg (20.04%), Manganese: 0.39mg (19.54%), Iron: 3mg (16.65%), Potassium: 566.72mg (16.19%), Vitamin B5: 1.4mg (13.95%), Zinc: 1.91mg (12.72%), Vitamin C: 10.21mg (12.38%), Vitamin B12: 0.71µg (11.85%), Magnesium: 46.02mg (11.51%), Copper: 0.22mg (11.15%), Calcium: 100.04mg (10%), Vitamin E: 1.3mg (8.68%), Vitamin D: 0.3µg (1.98%)