



Turkey & Cheddar Roll-Up

READY IN



10 min.

SERVINGS



1

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

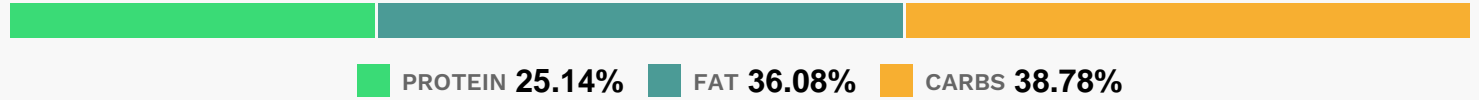
- 2 Tbsp milk cheddar cheese shredded 2% kraft
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 6-inch flour tortilla ()
- 0.3 cup lettuce shredded
- 1 Tbsp miracle whip dressing light
- 1 Tbsp taco bellâ® & chunky salsa thick

Equipment

Directions

- Spread tortilla with dressing and salsa.
- Top with turkey, cheese and lettuce; roll up.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:4.93, Inflammation Score:-4, Nutrition Score:8.1999999310659%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 223.5kcal (11.18%), Fat: 9.01g (13.87%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 19.83g (7.21%), Sugar: 4.79g (5.32%), Cholesterol: 33.8mg (11.27%), Sodium: 1150.7mg (50.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Phosphorus: 262.38mg (26.24%), Calcium: 179.59mg (17.96%), Selenium: 11.69µg (16.7%), Vitamin B1: 0.17mg (11.46%), Iron: 1.84mg (10.23%), Vitamin B2: 0.17mg (10.08%), Manganese: 0.2mg (10.01%), Folate: 39.45µg (9.86%), Copper: 0.17mg (8.73%), Vitamin K: 9.11µg (8.67%), Zinc: 1.27mg (8.45%), Fiber: 1.97g (7.86%), Vitamin B3: 1.57mg (7.83%), Vitamin A: 388.26IU (7.77%), Magnesium: 28.53mg (7.13%), Potassium: 237.11mg (6.77%), Vitamin B6: 0.07mg (3.56%), Vitamin B12: 0.18µg (3%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.18mg (1.78%), Vitamin C: 1.01mg (1.23%)