



Turkey Club Tortilla Roll-Ups

READY IN



50 min.

SERVINGS



48

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon crumbled cooked
- ☐ 4 oz cream cheese softened
- ☐ 6 8-inch flour tortilla (from 11.5-oz package)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 leaves lettuce
- ☐ 0.5 cup pepperoncini peppers drained chopped
- ☐ 0.5 cup salad dressing
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.5 lb turkey cooked thinly sliced

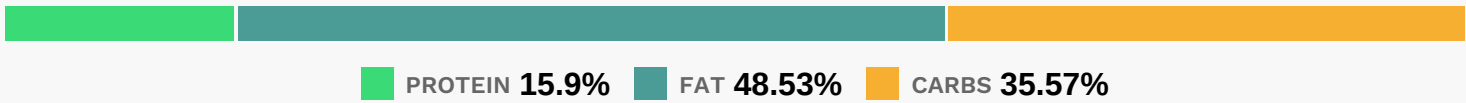
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ In small bowl, mix mayonnaise and cream cheese until smooth. Stir in pepperoncini, cilantro and bacon.
- ☐ Warm tortillas as directed on package.
- ☐ Spread about 2 tablespoons mayonnaise mixture on each tortilla. Top each with 1 rounded tablespoon tomato, 1 slice turkey and 1 lettuce leaf.
- ☐ Roll up each tortilla tightly.
- ☐ Cut each roll into 8 pieces; secure each piece with cocktail toothpick.
- ☐ Serve immediately or cover tightly and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.5017391371986%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 42.27kcal (2.11%), Fat: 2.27g (3.5%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.68g (0.75%), Cholesterol: 5.46mg (1.82%), Sodium: 93.96mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Selenium: 2.73µg (3.9%), Vitamin B3: 0.64mg (3.2%), Vitamin B1: 0.04mg (2.7%), Phosphorus: 25.75mg (2.57%), Vitamin K: 2.42µg (2.3%), Vitamin B2: 0.03mg (1.91%), Manganese: 0.04mg (1.87%), Folate: 7.35µg (1.84%), Vitamin B6: 0.04mg (1.83%), Iron: 0.29mg (1.61%), Vitamin C: 1.32mg (1.6%), Calcium: 12.89mg (1.29%), Fiber: 0.3g (1.19%), Vitamin A: 58.2IU (1.16%)