



Turkey Cobb Lettuce Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices avocado peeled thin
- 1 Tbsp roka cheese dressing light blue kraft
- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 large leaf lettuce leaves
- 2 tomato wedges thin
- 1 slice oscar mayer turkey bacon cooked cut in half

Equipment

Directions

Top lettuce with remaining ingredients; roll up tightly.

Nutrition Facts

 **PROTEIN 35.04%**  **FAT 33.6%**  **CARBS 31.36%**

Properties

Glycemic Index:7.8, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.276956519031%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 15.64kcal (0.78%), Fat: 0.61g (0.94%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.77g (0.86%), Cholesterol: 2.92mg (0.97%), Sodium: 104.59mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 220.06IU (4.4%), Vitamin C: 3.43mg (4.16%), Phosphorus: 24.89mg (2.49%), Potassium: 75.11mg (2.15%), Vitamin K: 2.17µg (2.06%), Copper: 0.03mg (1.46%), Manganese: 0.03mg (1.45%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.31g (1.24%), Magnesium: 4.6mg (1.15%), Vitamin E: 0.16mg (1.04%), Folate: 4.1µg (1.02%)