



Turkey Cobb Salad Roll-Ups

READY IN



14 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cheese—flavored yogurt dressing blue (such as Bolthouse Farms)
- ☐ 0.3 cup green onions chopped (2 medium)
- ☐ 8 ounces roast turkey thinly sliced
- ☐ 2 cups romaine lettuce shredded
- ☐ 1 cup tomatoes seeded chopped (1 medium)
- ☐ 7.6 ounce multigrain flatbreads with flax (such as flatout)

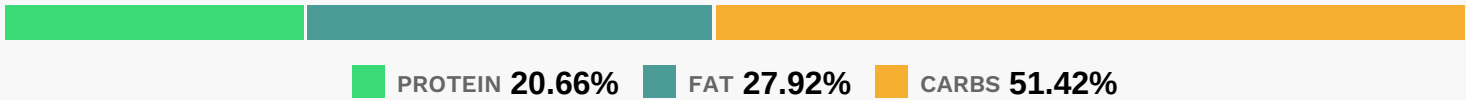
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients in a medium bowl. Spoon turkey mixture evenly onto flatbreads; roll up.
- ☐ Serve with: Carrot Slaw

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:20.100000119728%

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 Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 293.62kcal (14.68%), Fat: 9.68g (14.89%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 32.3g (11.74%), Sugar: 4.57g (5.07%), Cholesterol: 18.26mg (6.09%), Sodium: 1016.57mg (44.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Manganese: 1.13mg (56.47%), Vitamin A: 2494.52IU (49.89%), Vitamin K: 52.29µg (49.8%), Selenium: 24.23µg (34.61%), Fiber: 7.82g (31.27%), Phosphorus: 282.66mg (28.27%), Folate: 101.48µg (25.37%), Copper: 0.44mg (21.82%), Magnesium: 76.9mg (19.22%), Potassium: 618.98mg (17.69%), Iron: 3.06mg (16.98%), Vitamin B1: 0.25mg (16.86%), Vitamin B6: 0.33mg (16.29%), Vitamin C: 12.28mg (14.88%), Vitamin B3: 2.74mg (13.7%), Vitamin B5: 1.22mg (12.2%), Zinc: 1.8mg (12.01%), Vitamin E: 1.67mg (11.1%), Vitamin B2: 0.15mg (8.7%), Calcium: 47.45mg (4.74%)