



Turkey Cobb Wraps

READY IN



15 min.

SERVINGS



15

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cut into thin slices
- 6 slices oscar mayer bacon fully cooked
- 1 Tbsp athenos cheese blue crumbled
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 6 6-inch flour tortillas ()
- 0.5 cup miracle whip dressing light
- 6 romaine lettuce leaves
- 1 tomatoes cut into thin wedges

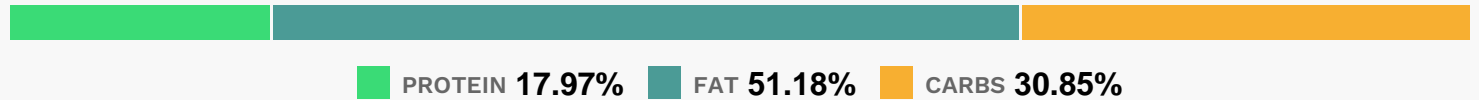
Equipment

Directions

Mix dressing and cheese; spread onto tortillas.

Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:6.3995652146961%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 123.69kcal (6.18%), Fat: 7.15g (11%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.88g (2.87%), Sugar: 1.89g (2.1%), Cholesterol: 15.6mg (5.2%), Sodium: 396.37mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin A: 1077.6IU (21.55%), Vitamin K: 15.82µg (15.06%), Vitamin B3: 2.75mg (13.74%), Folate: 39.95µg (9.99%), Selenium: 6.86µg (9.79%), Phosphorus: 95.63mg (9.56%), Vitamin B6: 0.16mg (7.81%), Vitamin B1: 0.11mg (7.53%), Fiber: 1.81g (7.25%), Potassium: 211.11mg (6.03%), Manganese: 0.11mg (5.49%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.45mg (4.52%), Iron: 0.75mg (4.19%), Magnesium: 14.58mg (3.65%), Vitamin C: 2.91mg (3.53%), Calcium: 28.93mg (2.89%), Vitamin E: 0.43mg (2.86%), Copper: 0.06mg (2.77%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.07µg (1.23%)