



Turkey Corn Salsa Tortilla Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp regular corn canned drained
- 0.3 tsp cilantro leaves chopped
- 4 6-inch corn tortillas ()
- 16 slices oscar mayer deli oven roasted turkey breast fresh
- 4 lettuce leaves
- 4 milk pepperjack singles 2% kraft
- 0.3 cup taco bellâ® & chunky mild salsa thick

Equipment

Directions

- Heat tortillas as directed on package.
- Meanwhile, combine salsa, corn and cilantro.
- Top tortillas evenly with 2% Milk Singles, lettuce, turkey and salsa mixture; roll up.

Nutrition Facts



PROTEIN 34.57% **FAT 13.35%** **CARBS 52.08%**

Properties

Glycemic Index:12.05, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:3.4204347924046%

Nutrients (% of daily need)

Calories: 47.24kcal (2.36%), Fat: 0.72g (1.11%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.46g (1.99%), Sugar: 0.6g (0.66%), Cholesterol: 9.84mg (3.28%), Sodium: 252.74mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin A: 744.74IU (14.89%), Vitamin B3: 2.03mg (10.15%), Phosphorus: 88.48mg (8.85%), Vitamin B6: 0.13mg (6.48%), Selenium: 3.29µg (4.7%), Manganese: 0.08mg (3.8%), Magnesium: 15.08mg (3.77%), Potassium: 127.9mg (3.65%), Fiber: 0.87g (3.47%), Vitamin C: 1.9mg (2.31%), Vitamin B5: 0.21mg (2.13%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.28mg (1.84%), Iron: 0.32mg (1.79%), Folate: 6.63µg (1.66%), Calcium: 16.36mg (1.64%), Vitamin E: 0.2mg (1.33%), Copper: 0.03mg (1.25%)