



Turkey Fajita Wraps

READY IN



10 min.

SERVINGS



10

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon fully cooked
- 0.5 cup cucumber
- 24 slices oscar mayer deli turkey breast smoked fresh
- 8 6-inch flour tortillas ()
- 0.3 tsp garlic powder
- 0.3 cup miracle whip dressing light
- 0.3 tsp oregano leaves dried
- 0.5 bell pepper red cut into strips

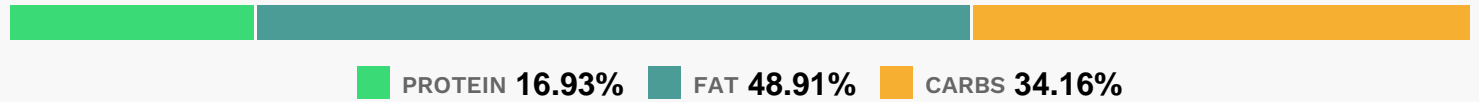
Equipment

Directions

Mix dressing and seasonings; spread onto tortillas.

Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:3.84, Inflammation Score:-3, Nutrition Score:5.2330434931361%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 171.04kcal (8.55%), Fat: 9.24g (14.22%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.36g (4.86%), Sugar: 2.22g (2.47%), Cholesterol: 18.33mg (6.11%), Sodium: 572.68mg (24.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Selenium: 8.92µg (12.75%), Phosphorus: 122.98mg (12.3%), Vitamin B1: 0.17mg (11.67%), Vitamin C: 7.83mg (9.49%), Vitamin B3: 1.83mg (9.16%), Iron: 1.23mg (6.81%), Manganese: 0.14mg (6.75%), Folate: 26.37µg (6.59%), Vitamin B2: 0.09mg (5.24%), Fiber: 1.16g (4.63%), Copper: 0.09mg (4.34%), Vitamin B6: 0.08mg (4.17%), Vitamin A: 202.76IU (4.06%), Calcium: 40.54mg (4.05%), Potassium: 130.42mg (3.73%), Magnesium: 14.27mg (3.57%), Zinc: 0.53mg (3.53%), Vitamin K: 2.78µg (2.65%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.09µg (1.47%), Vitamin E: 0.18mg (1.2%)