



Turkey Pinwheels

READY IN



5 min.

SERVINGS



2

CALORIES



356 kcal

Ingredients

- ☐ 1 baby spinach packed rinsed
- ☐ 2 medium carrots shredded peeled
- ☐ 1 tablespoon cranberries dried
- ☐ 1 tablespoon mayonnaise
- ☐ 2 slices swiss cheese such as jarlsburg (2 ounces)
- ☐ 2 ounces turkey breast store-bought thin
- ☐ 1 12-inch tortillas whole-wheat rectangular (11 to es) (8 inches)

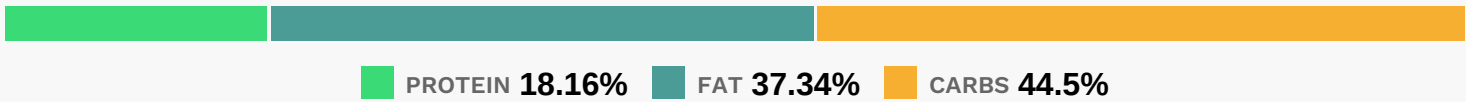
Equipment

- ☐ oven

Directions

- ☐ If necessary, warm the wrap in a 350°F oven for 2 minutes to soften before filling.
- ☐ Lay the wrap on a work surface and spread the mayonnaise all over.
- ☐ Sprinkle the spinach leaves, cranberries, and carrots evenly on top. Arrange the Swiss cheese and turkey in even layers over the vegetable layer. Fold in the side edges and then roll up snugly from the bottom.
- ☐ Cut crosswise into 4 even pieces and wrap tightly in plastic.
- ☐ This is a great way to make use of holiday turkey leftovers.
- ☐ Nutrition Data
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers. © 2008

Nutrition Facts



Properties

Glycemic Index:77.92, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:14.150434775197%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 356kcal (17.8%), Fat: 15g (23.08%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 34.31g (12.47%), Sugar: 10.92g (12.14%), Cholesterol: 34.06mg (11.35%), Sodium: 531.7mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Vitamin A: 10388.86IU (207.78%), Calcium: 278.46mg (27.85%), Fiber: 5.91g (23.65%), Vitamin K: 22.68µg (21.6%), Phosphorus: 188.15mg (18.81%), Vitamin B3: 3.47mg (17.34%), Selenium: 11.82µg (16.89%), Vitamin B6: 0.32mg (16.01%), Vitamin B12: 0.7µg (11.67%), Iron: 1.78mg (9.91%), Zinc: 1.28mg (8.52%), Potassium: 283.74mg (8.11%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 0.92mg (6.13%), Manganese: 0.11mg (5.75%), Magnesium: 20.78mg (5.2%), Vitamin B5: 0.49mg (4.88%), Vitamin C: 3.75mg (4.55%), Folate: 16.42µg (4.11%), Vitamin B1: 0.05mg (3.57%), Copper: 0.06mg (2.84%)