

Turkey Roll-Ups

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large basil leaves
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 large cucumber english seeded cut into 3-inch long sticks
- ☐ 2 teaspoons honey
- ☐ 2 large lettuce leaves red
- ☐ 0.3 large bell pepper red sliced
- ☐ 8 slices turkey breast

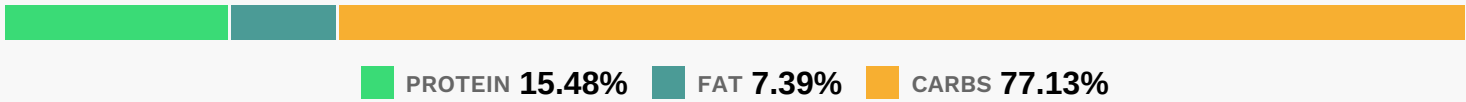
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl mix together the Dijon mustard and honey until well combined.
- ☐ Lay a slice of turkey on a plate or cutting board.
- ☐ Spread a 1/2 teaspoon of the honey–mustard mixture widthwise along the turkey about 2 inches from the end of the slice.
- ☐ Place a piece of lettuce on top, then a couple of sticks of cucumber and slices of red pepper. Top with a basil leaf and roll it all up in the turkey slice.

Nutrition Facts



Properties

Glycemic Index:46.57, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:3.7678260995156%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 20.95kcal (1.05%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.7g (4.11%), Cholesterol: 1.08mg (0.36%), Sodium: 34.7mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 1021.81IU (20.44%), Vitamin K: 18.83µg (17.94%), Vitamin C: 14.13mg (17.13%), Manganese: 0.07mg (3.3%), Vitamin B6: 0.07mg (3.26%), Folate: 10.02µg (2.5%), Potassium: 77.86mg (2.22%), Selenium: 1.53µg (2.18%), Fiber: 0.51g (2.05%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 17.55mg (1.76%), Magnesium: 6.97mg (1.74%), Vitamin B2: 0.03mg (1.64%), Iron: 0.29mg (1.61%), Vitamin B1: 0.02mg (1.45%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.2%)