



## Turkey Salad Wrap

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 medium carrots shredded
- 4 10-inch flour tortillas ()
- 1 cup lettuce shredded
- 0.3 cup classic ranch dressing kraft
- 1 medium tomatoes chopped
- 10 oz oscar mayer oven roasted turkey breast

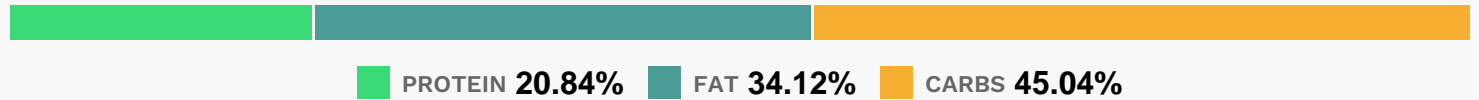
### Equipment

- toothpicks

## Directions

- Top tortillas evenly with turkey, lettuce, tomatoes and carrots.
- Drizzle with dressing.
- Fold up each tortilla, about 2-1/2 inches from bottom; fold in sides. Secure each with toothpick, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.71, Glycemic Load:11.82, Inflammation Score:-9, Nutrition Score:18.555652278921%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 362.46kcal (18.12%), Fat: 13.71g (21.09%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 37.26g (13.55%), Sugar: 5.72g (6.35%), Cholesterol: 40.05mg (13.35%), Sodium: 1394.21mg (60.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.69%), Vitamin A: 2906.25IU (58.13%), Vitamin B3: 9.88mg (49.39%), Phosphorus: 370.56mg (37.06%), Selenium: 25.52µg (36.46%), Vitamin K: 33.92µg (32.31%), Vitamin B1: 0.42mg (27.81%), Manganese: 0.45mg (22.35%), Folate: 84.09µg (21.02%), Vitamin B6: 0.41mg (20.72%), Iron: 3.07mg (17.03%), Vitamin B2: 0.28mg (16.47%), Potassium: 499.3mg (14.27%), Fiber: 3.46g (13.85%), Calcium: 125.54mg (12.55%), Magnesium: 41.05mg (10.26%), Vitamin B5: 1.01mg (10.11%), Vitamin C: 5.62mg (6.81%), Copper: 0.12mg (5.97%), Zinc: 0.87mg (5.83%), Vitamin E: 0.86mg (5.73%), Vitamin B12: 0.12µg (2.08%)