



Turkey Sausage and Mango Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 1 teaspoon curry powder
- ☐ 4 10-inch flour tortillas
- ☐ 0.5 cup mayonnaise light
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 mangos pitted ripe peeled thinly sliced
- ☐ 12 oz turkey sausages

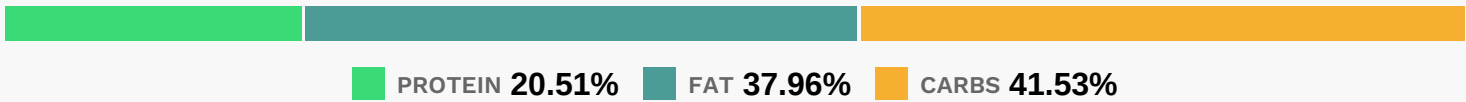
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk together mayonnaise, lime juice and curry powder in a small bowl; set aside. Preheat grill to medium-high. Grill sausages, turning, until cooked through, about 25 minutes, or when an instant-read thermometer inserted in center registers 170F. Slice sausages in half lengthwise.
- ☐ Toast tortillas on grill until slightly puffed, about 30 seconds.
- ☐ Transfer to a work surface.
- ☐ Spread 2 Tbsp. mayonnaise mixture onto each tortilla. Divide spinach among tortillas, arranging it across middle. Top with two sausage halves and some mango slices.
- ☐ Roll up tightly, tucking in ends as you go.
- ☐ Cut wraps in half diagonally and serve.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:14.66, Inflammation Score:-10, Nutrition Score:27.172608665798%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 452.87kcal (22.64%), Fat: 19.07g (29.33%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 42.8g (15.56%), Sugar: 10.87g (12.07%), Cholesterol: 68.27mg (22.76%), Sodium: 1275.63mg (55.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.36%), Vitamin K: 167.66µg (159.68%), Vitamin A: 3462.6IU (69.25%), Folate: 152.64µg (38.16%), Vitamin B3: 7.59mg (37.97%), Vitamin C: 30.03mg (36.4%), Manganese: 0.69mg (34.46%), Phosphorus: 322.98mg (32.3%), Vitamin B1: 0.46mg (30.64%), Vitamin B2: 0.47mg (27.92%), Vitamin B6: 0.54mg (26.76%), Iron: 4.62mg (25.67%), Selenium: 17.04µg (24.34%), Zinc: 3.22mg (21.47%), Vitamin B12: 1.11µg (18.43%), Potassium: 583.99mg (16.69%), Fiber: 4.11g (16.46%), Calcium: 158.17mg (15.82%), Magnesium: 62.46mg (15.62%), Vitamin E: 1.91mg (12.76%), Copper: 0.25mg (12.62%), Vitamin B5: 1.12mg (11.23%)