



Turkey-Spinach Wraps

 Dairy Free

READY IN



75 min.

SERVINGS



32

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 10-inch flour tortilla (8 to)
- 1 cup roasted peppers red
- 3 cups baby spinach packed
- 2 large plum tomatoes thinly sliced (Roma)
- 0.5 lb turkey smoked cooked thinly sliced (from deli)

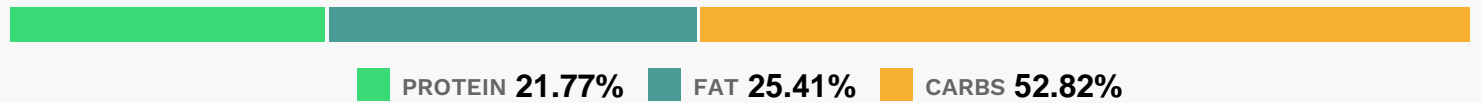
Equipment

- plastic wrap

Directions

- Spread each tortilla evenly with dip. Arrange spinach leaves evenly over dip to within 1 inch of top edge. Top with single layer of tomato slices. Evenly layer turkey slices over tomatoes.
- Starting with bottom edge, tightly roll up each tortilla. Wrap rolls individually in plastic wrap. Refrigerate at least 1 hour but no longer than 24 hours.
- To serve, trim off uneven ends of rolls.
- Cut rolls into 1-inch slices; arrange on serving platter.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:1.42, Inflammation Score:-3, Nutrition Score:2.8834782699528%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 36kcal (1.8%), Fat: 1.01g (1.56%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.44g (0.49%), Cholesterol: 3.62mg (1.21%), Sodium: 132.35mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin K: 14.52µg (13.83%), Vitamin A: 321.57IU (6.43%), Selenium: 3.06µg (4.38%), Vitamin B3: 0.84mg (4.19%), Vitamin C: 3.36mg (4.07%), Manganese: 0.08mg (4.02%), Folate: 15.31µg (3.83%), Vitamin B1: 0.05mg (3.41%), Phosphorus: 30.42mg (3.04%), Iron: 0.48mg (2.68%), Vitamin B6: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.47g (1.87%), Calcium: 18.29mg (1.83%), Magnesium: 6.31mg (1.58%), Potassium: 53.47mg (1.53%), Copper: 0.02mg (1.23%), Zinc: 0.17mg (1.1%), Vitamin B12: 0.06µg (1.02%)