



Turkey Tortilla Cones

READY IN



20 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz cream cheese softened (half of 8-oz package)
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 0.3 cup salsa thick
- 4 romaine leaves
- 4 oz turkey smoked cooked cut into strips
- 4 oz cheddar cheese cut into strips
- 1 small bell pepper red cut into strips

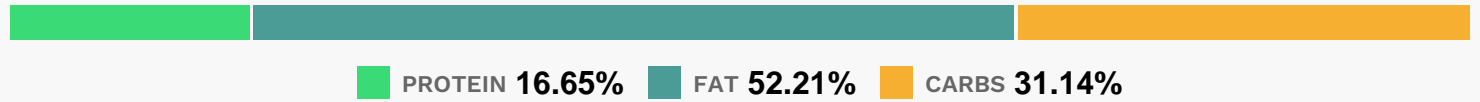
Equipment

toothpicks

Directions

- Spread cream cheese evenly on top 2/3 of each tortilla.
- Spread salsa over cream cheese.
- Place lettuce leaf on each tortilla. Top with turkey, cheese and bell pepper strips.
- Fold up bottom 1/3 of each tortilla, then roll up to make cone shape with folded end on bottom. Keep tortilla in cone shape with toothpick.
- Serve with additional salsa if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:9.91, Inflammation Score:-9, Nutrition Score:18.510869565217%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 434.23kcal (21.71%), Fat: 25.26g (38.86%), Saturated Fat: 13.18g (82.34%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 30.94g (11.25%), Sugar: 4.96g (5.52%), Cholesterol: 71.47mg (23.82%), Sodium: 838.76mg (36.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.25%), Vitamin A: 3110.26IU (62.21%), Selenium: 28.02µg (40.02%), Vitamin C: 28.31mg (34.31%), Phosphorus: 333.7mg (33.37%), Calcium: 329.48mg (32.95%), Vitamin B2: 0.44mg (25.66%), Vitamin B1: 0.36mg (23.76%), Vitamin B3: 4.6mg (23.02%), Folate: 82.82µg (20.71%), Manganese: 0.41mg (20.33%), Iron: 2.72mg (15.13%), Vitamin B6: 0.3mg (14.84%), Zinc: 1.98mg (13.17%), Fiber: 2.96g (11.82%), Vitamin B12: 0.61µg (10.14%), Magnesium: 35.8mg (8.95%), Potassium: 304.5mg (8.7%), Vitamin E: 1.04mg (6.91%), Vitamin K: 7.05µg (6.71%), Vitamin B5: 0.63mg (6.29%), Copper: 0.1mg (5.21%), Vitamin D: 0.23µg (1.54%)