



Turkey Tortilla Roll-Ups with Dip

READY IN



5 min.

SERVINGS



2

CALORIES



1264 kcal

Ingredients

- ☐ 14 8-inch flour tortilla
- ☐ 0.3 cup honey dijon mustard fat-free
- ☐ 4 leaves lettuce
- ☐ 3 tablespoons creamy pimiento cheese (from 5-oz. jar)
- ☐ 2.5 oz deli- turkey smoked

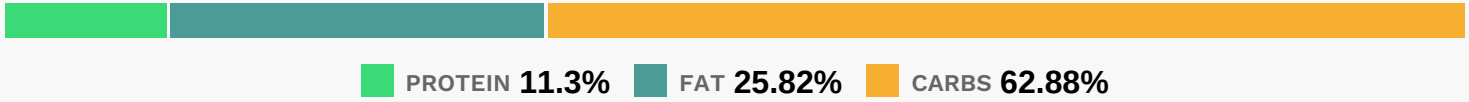
Equipment

- ☐ toothpicks

Directions

- ☐
- Spread cheese spread evenly on tortillas to edges.
- ☐
- Top each tortilla evenly with turkey and lettuce; roll up. If desired, secure with toothpicks.
- ☐
- Serve roll-ups with dressing for dipping.
- ☐
- Remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:55.8, Inflammation Score:-8, Nutrition Score:40.615218026483%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 1264kcal (63.2%), Fat: 35.2g (54.15%), Saturated Fat: 12.79g (79.96%), Carbohydrates: 192.92g (64.31%), Net Carbohydrates: 180.24g (65.54%), Sugar: 22.15g (24.61%), Cholesterol: 29.64mg (9.88%), Sodium: 3336.15mg (145.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.33%), Vitamin B1: 1.82mg (121.05%), Selenium: 84.23µg (120.33%), Vitamin B3: 18.33mg (91.66%), Manganese: 1.79mg (89.41%), Folate: 341.64µg (85.41%), Phosphorus: 826.86mg (82.69%), Iron: 13.17mg (73.19%), Vitamin B2: 1.06mg (62.48%), Calcium: 610.87mg (61.09%), Fiber: 12.69g (50.75%), Vitamin K: 29.56µg (28.15%), Magnesium: 86.39mg (21.6%), Copper: 0.38mg (19.19%), Vitamin B6: 0.36mg (18.13%), Potassium: 600.28mg (17.15%), Zinc: 2.25mg (14.99%), Vitamin B5: 0.71mg (7.07%), Vitamin A: 284.85IU (5.7%), Vitamin C: 1.92mg (2.33%), Vitamin B12: 0.13µg (2.19%)