



## Turkey Tortilla Wrap

READY IN



70 min.

SERVINGS



1

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp philadelphia cream cheese spread
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 8-inch flour tortilla ()
- 2 lettuce leaves
- 2 Tbsp taco bellâ® & chunky salsa thick
- 2 Tbsp cheddar cheese shredded kraft

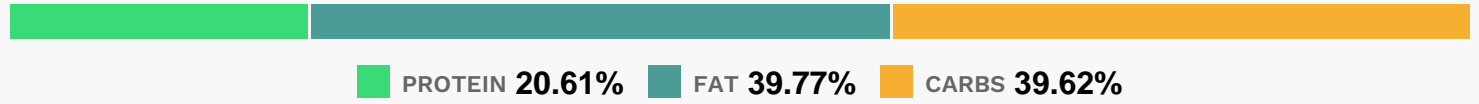
### Equipment

- plastic wrap

## Directions

- Mix salsa and cream cheese spread until blended; spread onto tortilla.
- Top with remaining ingredients; roll up tightly. Wrap in plastic wrap.
- Refrigerate at least 1 hour before serving. Unwrap; cut in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:16.778695943563%

## Nutrients (% of daily need)

Calories: 318.02kcal (15.9%), Fat: 14.06g (21.63%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.61g (10.4%), Sugar: 4.57g (5.07%), Cholesterol: 45.28mg (15.09%), Sodium: 1181.18mg (51.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.79%), Vitamin A: 4052.3IU (81.05%), Selenium: 21.55µg (30.78%), Vitamin B3: 6.12mg (30.6%), Phosphorus: 300.88mg (30.09%), Calcium: 245.17mg (24.52%), Vitamin B1: 0.34mg (22.62%), Manganese: 0.45mg (22.31%), Folate: 73.71µg (18.43%), Vitamin B2: 0.3mg (17.87%), Vitamin B6: 0.31mg (15.67%), Iron: 2.6mg (14.46%), Fiber: 2.91g (11.65%), Vitamin C: 9.32mg (11.3%), Potassium: 392.44mg (11.21%), Magnesium: 36.81mg (9.2%), Zinc: 1.25mg (8.31%), Vitamin B5: 0.58mg (5.78%), Vitamin E: 0.83mg (5.51%), Vitamin K: 5.59µg (5.33%), Copper: 0.09mg (4.46%), Vitamin B12: 0.23µg (3.84%)