



Turkey Wrap-Up

READY IN



5 min.

SERVINGS



5

CALORIES



40 kcal

SIDE DISH

Ingredients

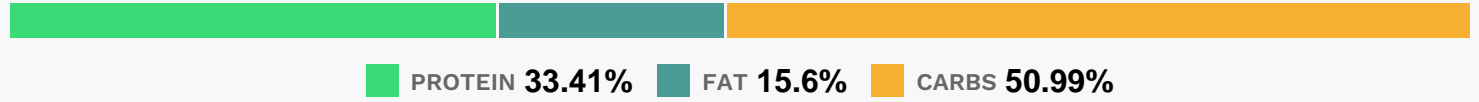
- 6 slices oscar mayer deli turkey breast smoked fresh
- 16-inch flour tortilla ()
- 0.5 cup lettuce shredded
- 1 Tbsp miracle whip free dressing
- 2 Tbsp cheddar cheese fat free shredded kraft
- 0.3 cup tomatoes chopped

Equipment

Directions

- Spread tortilla with dressing.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:2.3100000082151%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 40.21kcal (2.01%), Fat: 0.71g (1.09%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.74g (1.72%), Sugar: 1.64g (1.82%), Cholesterol: 4.01mg (1.34%), Sodium: 275.24mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Phosphorus: 93.36mg (9.34%), Calcium: 52.78mg (5.28%), Vitamin A: 187.14IU (3.74%), Selenium: 2.56µg (3.66%), Vitamin B2: 0.05mg (2.85%), Vitamin K: 2.92µg (2.78%), Vitamin B1: 0.04mg (2.63%), Folate: 10.44µg (2.61%), Manganese: 0.05mg (2.36%), Zinc: 0.34mg (2.27%), Iron: 0.39mg (2.19%), Potassium: 73.58mg (2.1%), Copper: 0.04mg (1.88%), Magnesium: 7.36mg (1.84%), Fiber: 0.45g (1.79%), Vitamin B3: 0.33mg (1.65%), Vitamin C: 1.22mg (1.48%), Vitamin B12: 0.07µg (1.1%)