



## Turkey Wrap with Southwestern Relish

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

### Ingredients

- 0.3 cup black beans canned rinsed drained
- 0.3 cup regular corn canned drained
- 2 Tbsp cilantro leaves chopped
- 12 slices oscar mayer deli turkey breast smoked fresh
- 4 6-inch flour tortillas ( )
- 1 Tbsp green onions chopped
- 1 tsp ground cumin
- 0.3 cup pasilla peppers red chopped

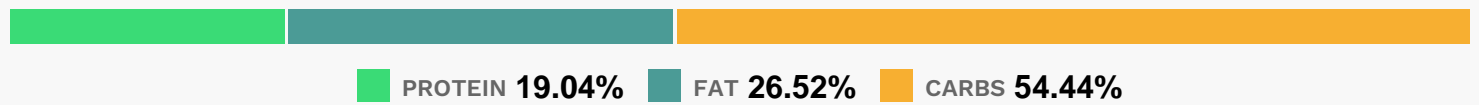
2 Tbsp mayo reduced fat mayonnaise light kraft

## Equipment

## Directions

- Combine beans, corn, peppers, cilantro and onions; set aside.
- Mix mayo and cumin; spread evenly onto tortillas.
- Top with turkey and bean mixture; roll up tightly.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:2.6778260897035%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 60.06kcal (3%), Fat: 1.77g (2.72%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.35g (2.67%), Sugar: 0.88g (0.98%), Cholesterol: 3.52mg (1.17%), Sodium: 249.15mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 5.1mg (6.18%), Phosphorus: 55.82mg (5.58%), Vitamin B1: 0.07mg (4.72%), Iron: 0.8mg (4.42%), Folate: 17.27µg (4.32%), Manganese: 0.08mg (4.19%), Selenium: 2.82µg (4.03%), Vitamin K: 4.05µg (3.86%), Fiber: 0.83g (3.34%), Vitamin B3: 0.64mg (3.18%), Vitamin A: 132.68IU (2.65%), Vitamin B2: 0.04mg (2.59%), Copper: 0.05mg (2.47%), Calcium: 22.93mg (2.29%), Magnesium: 8.53mg (2.13%), Potassium: 66.65mg (1.9%), Zinc: 0.2mg (1.36%), Vitamin B6: 0.02mg (1.08%)