



Turkey Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

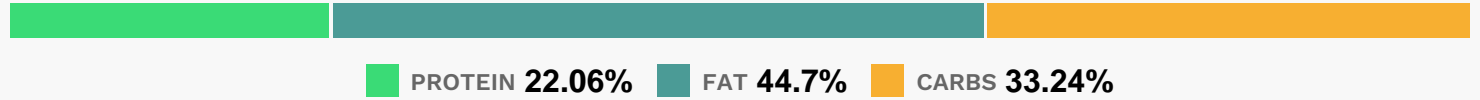
- 2 kirby cucumbers cut into spears
- 4 large flour tortillas
- 0.5 cup pesto store-bought
- 1 small head romaine lettuce dry washed and patted
- 2 tomatoes thinly sliced
- 0.8 pound turkey breast sliced

Equipment

Directions

- In the center of each tortilla, layer some lettuce, turkey, tomato, and cucumber.
- Spread the pesto over the top and roll like a burrito.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:28.731304308643%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 357.6kcal (17.88%), Fat: 17.91g (27.55%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 23.33g (8.48%), Sugar: 8.43g (9.37%), Cholesterol: 44.15mg (14.72%), Sodium: 1292.98mg (56.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.77%), Vitamin A: 14876.41IU (297.53%), Vitamin K: 178.23µg (169.74%), Folate: 274.67µg (68.67%), Vitamin B3: 8.32mg (41.59%), Phosphorus: 366.78mg (36.68%), Potassium: 1089.34mg (31.12%), Vitamin B6: 0.61mg (30.4%), Manganese: 0.58mg (29.07%), Fiber: 6.62g (26.48%), Selenium: 18.52µg (26.46%), Vitamin B1: 0.37mg (24.34%), Vitamin C: 19.49mg (23.62%), Vitamin B2: 0.36mg (21.29%), Iron: 3.64mg (20.22%), Calcium: 184.41mg (18.44%), Magnesium: 69.43mg (17.36%), Copper: 0.27mg (13.48%), Zinc: 1.68mg (11.19%), Vitamin B5: 0.94mg (9.43%), Vitamin B12: 0.31µg (5.24%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.17µg (1.13%)