

Turkey Wraps

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup carrots julienned
- 0.5 pound deli- turkey smoked plain
- 6 8-inch flour tortilla warmed ()
- 0.5 teaspoon ground cumin
- 1.3 cups jicama julienned
- 6 romaine leaves red
- 0.7 cup mayonnaise
- 6 oz monterrey jack cheese shredded
- 0.3 cup seasoned rice vinegar red

0.3 teaspoon salt

Equipment

bowl

plastic wrap

Directions

In a small bowl, combine mayonnaise, rice vinegar, cumin and salt; mix well.

Spread one tablespoon dressing over each tortilla; top with a lettuce leaf. Divide turkey, jicama, carrots, cheese and sprouts evenly among tortillas.

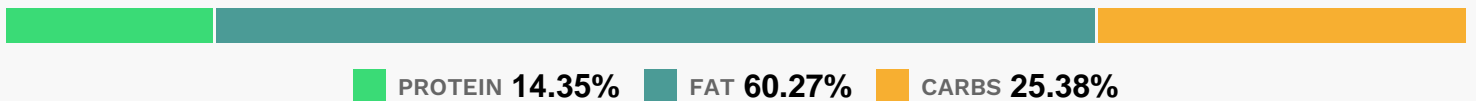
Drizzle additional dressing over ingredients on each tortilla. Fold bottom of tortilla over filling; roll up burrito style.

Total preparation time: 15 minutes

Tip: Deli ham or roast beef may be used in place of turkey. Wraps may be prepared, wrapped in plastic wrap and refrigerated up to 1 hour before serving.

Per serving: 381 calories; 17g protein; 30g carbohydrate; 21g fat; 54mg cholesterol; 1,223mg sodium

Nutrition Facts



Properties

Glycemic Index:37.97, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:19.768695520318%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 494.1kcal (24.71%), Fat: 32.81g (50.47%), Saturated Fat: 10.17g (63.57%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 27.26g (9.91%), Sugar: 4.01g (4.46%), Cholesterol: 54.21mg (18.07%), Sodium: 1159.17mg (50.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.15%), Vitamin A: 4691.91IU (93.84%), Vitamin K: 47.15µg (44.91%), Phosphorus: 348.97mg (34.9%), Calcium: 312.65mg (31.26%), Selenium: 21.38µg (30.55%),

Vitamin B3: 5.3mg (26.49%), Vitamin B1: 0.32mg (21.24%), Vitamin B2: 0.36mg (20.92%), Manganese: 0.38mg (19.22%), Folate: 71.23µg (17.81%), Iron: 2.81mg (15.6%), Fiber: 3.82g (15.27%), Vitamin B6: 0.27mg (13.38%), Vitamin C: 10.75mg (13.03%), Zinc: 1.65mg (11.02%), Potassium: 373.52mg (10.67%), Magnesium: 35.31mg (8.83%), Vitamin E: 1.25mg (8.31%), Vitamin B12: 0.41µg (6.75%), Copper: 0.1mg (4.91%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.3µg (1.97%)