



## Tuscan Turkey Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



63 kcal

SIDE DISH

### Ingredients

- 1 carrots shredded
- 0.5 cup cucumbers thinly sliced
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 2 Tbsp italian\* five cheese blend shredded kraft finely
- 2 Tbsp tuscan house dressing italian kraft
- 2 8-inch tortillas whole wheat ( )
- 2 Tbsp philadelphia

### Equipment

## Directions

- Spread tortillas with reduced-fat cream cheese.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:8.88, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:2.7513042911887%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 63.19kcal (3.16%), Fat: 2.87g (4.41%), Saturated Fat: 1g (6.26%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.88g (1.78%), Sugar: 1.27g (1.41%), Cholesterol: 10.61mg (3.54%), Sodium: 243.95mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin A: 1065.16IU (21.3%), Vitamin B3: 1.37mg (6.87%), Phosphorus: 44.08mg (4.41%), Vitamin B6: 0.08mg (3.97%), Selenium: 2.22µg (3.17%), Fiber: 0.75g (3%), Vitamin K: 2.99µg (2.85%), Calcium: 25.34mg (2.53%), Potassium: 86.7mg (2.48%), Vitamin B5: 0.19mg (1.9%), Iron: 0.29mg (1.62%), Magnesium: 5.68mg (1.42%), Vitamin B2: 0.02mg (1.3%), Vitamin E: 0.18mg (1.18%)