



Tuscan Wrap

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



186 kcal

SIDE DISH

Ingredients

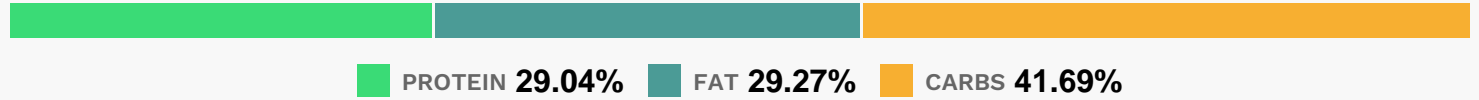
- 0.5 cup baby spinach leaves
- 0.5 cup cucumber strips thin
- 10 slices oscar mayer deli oven roasted turkey breast fresh
- 2 6-inch flour tortillas ()
- 2 tsp 2 tsp. kraft lite zesty italian dressing italian kraft
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup roasted pepper strips red

Equipment

Directions

- Mix mayo and dressing; spread onto tortillas.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:12.472608712704%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 185.73kcal (9.29%), Fat: 6.05g (9.3%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.72g (6.44%), Sugar: 2.73g (3.04%), Cholesterol: 31.72mg (10.57%), Sodium: 1182.57mg (51.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.99%), Vitamin K: 46.78µg (44.55%), Vitamin B3: 6.93mg (34.65%), Phosphorus: 231.81mg (23.18%), Selenium: 15.03µg (21.48%), Vitamin B6: 0.35mg (17.51%), Vitamin A: 829.96IU (16.6%), Manganese: 0.28mg (14.13%), Vitamin C: 11.32mg (13.73%), Folate: 54.69µg (13.67%), Vitamin B1: 0.2mg (13.44%), Potassium: 371.65mg (10.62%), Iron: 1.76mg (9.78%), Vitamin B2: 0.15mg (9.11%), Magnesium: 34.38mg (8.59%), Vitamin B5: 0.73mg (7.3%), Calcium: 70.6mg (7.06%), Fiber: 1.66g (6.63%), Copper: 0.1mg (5.07%), Zinc: 0.6mg (4%), Vitamin E: 0.6mg (3.97%), Vitamin B12: 0.08µg (1.4%)