



Wild West Sandwich Wrap

READY IN



10 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

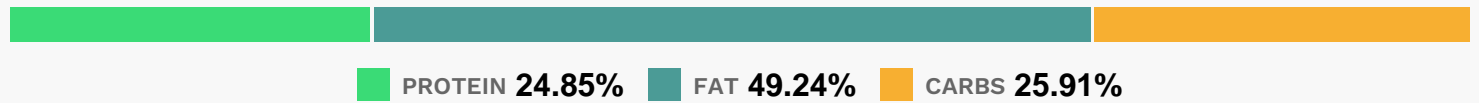
- 3 Tbsp chipotle aioli kraft
- 16 slices oscar mayer deli honey ham fresh
- 0.8 cup regular corn frozen thawed
- 4 singles cut in half kraft
- 4 lettuce leaves
- 0.3 cup onions red chopped
- 0.5 cup tomatoes chopped
- 4 8-inch tortillas whole wheat ()

Equipment

Directions

- Combine first 3 ingredients.
- Top tortillas with lettuce, Singles pieces, ham, corn mixture and tomatoes.
- Fold up bottom edge of each tortilla, then roll up starting at 1 side.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:16.284347782964%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 479.51kcal (23.98%), Fat: 25.94g (39.92%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 26.55g (9.66%), Sugar: 3g (3.33%), Cholesterol: 73.1mg (24.37%), Sodium: 1698.82mg (73.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Vitamin B1: 0.74mg (49.37%), Vitamin A: 1955.2IU (39.1%), Selenium: 25.87µg (36.95%), Phosphorus: 290.16mg (29.02%), Vitamin B3: 5.73mg (28.67%), Vitamin B6: 0.53mg (26.59%), Zinc: 2.94mg (19.58%), Vitamin B2: 0.31mg (18.1%), Fiber: 4.17g (16.66%), Potassium: 518.94mg (14.83%), Iron: 2.43mg (13.51%), Vitamin B12: 0.72µg (11.95%), Vitamin C: 9.84mg (11.93%), Calcium: 100.11mg (10.01%), Magnesium: 37.35mg (9.34%), Manganese: 0.17mg (8.53%), Folate: 29.55µg (7.39%), Vitamin B5: 0.63mg (6.31%), Copper: 0.12mg (6.18%), Vitamin D: 0.78µg (5.23%), Vitamin E: 0.58mg (3.85%), Vitamin K: 1.51µg (1.44%)