



Wrap 'n Roll Tortilla

READY IN



5 min.

SERVINGS



1

CALORIES



260 kcal

Ingredients

- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 6-inch flour tortilla ()
- 1 romaine leaves
- 1 milk singles 2% kraft
- 2 Tbsp lite ranch dressing kraft

Equipment

Directions

- Top tortilla with 2% Milk Singles, turkey and lettuce.

- Roll up tightly; cut in half.
- Serve with dressing for dipping.

Nutrition Facts

PROTEIN 14.5% **FAT 57.08%** **CARBS 28.42%**

Properties

Glycemic Index:34, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:10.958695585313%

Nutrients (% of daily need)

Calories: 260.18kcal (13.01%), Fat: 16.44g (25.29%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.12g (6.23%), Sugar: 3.08g (3.42%), Cholesterol: 26.24mg (8.75%), Sodium: 869.09mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Vitamin K: 42.36µg (40.34%), Vitamin A: 1792.62IU (35.85%), Vitamin B3: 4.7mg (23.5%), Phosphorus: 218mg (21.8%), Selenium: 12.66µg (18.09%), Vitamin B1: 0.2mg (13.14%), Manganese: 0.24mg (12.04%), Vitamin B6: 0.21mg (10.56%), Folate: 41.09µg (10.27%), Vitamin B2: 0.16mg (9.54%), Iron: 1.54mg (8.53%), Potassium: 234.26mg (6.69%), Calcium: 66mg (6.6%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.85mg (5.69%), Vitamin C: 4.32mg (5.24%), Magnesium: 20.69mg (5.17%), Fiber: 1.29g (5.16%), Zinc: 0.45mg (2.98%), Copper: 0.04mg (2.21%), Vitamin B12: 0.11µg (1.78%)