



 **89%**
HEALTH SCORE

Wrap & Roll-Ups

 Very Healthy

READY IN



5 min.

SERVINGS



6

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 baby carrots
- 12 cucumber strips
- 18 slices oscar mayer deli honey turkey breast smoked fresh
- 6 large leaf lettuce leaves
- 6 milk singles 2% kraft
- 3 oranges cut into sections
- 12 pepper strips red
- 6 tsp classic ranch dressing kraft

6 6-inch tortillas whole wheat ()

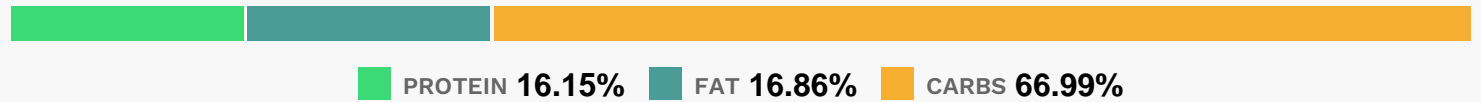
Equipment

plastic wrap

Directions

- For each roll-up, place 3 turkey slices, 1 Singles, 2 pepper strips and 2 cucumber strips on each lettuce leaf; roll up.
- Spread tortillas with dressing.
- Place lettuce roll near bottom edge of tortilla; roll up tightly.
- Cut in half.
- Serve immediately or wrap tightly in plastic wrap and refrigerate until ready to serve.
- Serve each wrap with 5 carrots and 4 orange sections.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:33.88608697243%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 299.61kcal (14.98%), Fat: 5.96g (9.17%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 53.32g (17.77%), Net Carbohydrates: 39.36g (14.31%), Sugar: 28.64g (31.82%), Cholesterol: 9.06mg (3.02%), Sodium: 554.12mg (24.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Vitamin C: 360.17mg (436.57%), Vitamin A: 15003.12IU (300.06%), Vitamin K: 66.26µg (63.11%), Folate: 227.26µg (56.81%), Fiber: 13.96g (55.85%), Vitamin B6: 1.09mg (54.66%), Potassium: 1610.98mg (46.03%), Manganese: 0.8mg (40.08%), Copper: 0.61mg (30.35%), Magnesium: 119.08mg (29.77%), Vitamin E: 4.17mg (27.82%), Phosphorus: 277.24mg (27.72%), Vitamin B5: 2.6mg (26.02%), Vitamin B1: 0.39mg (25.91%), Vitamin B2: 0.4mg (23.75%), Iron: 3.77mg (20.94%), Calcium: 194.68mg

(19.47%), Vitamin B3: 3.02mg (15.11%), Zinc: 1.97mg (13.12%), Selenium: 1.82µg (2.6%)