



Wrapped Turkey Club

READY IN



5 min.

SERVINGS



5

CALORIES



254 kcal

SIDE DISH

Ingredients

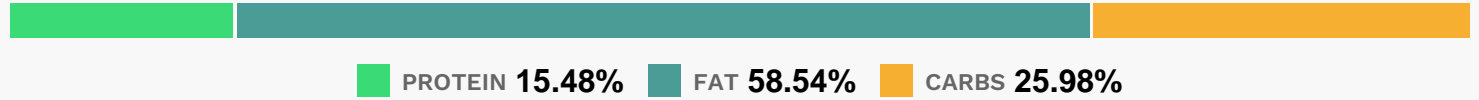
- 8 slices oscar mayer bacon fully cooked
- 12 slices oscar mayer deli turkey breast smoked fresh
- 4 6-inch flour tortillas ()
- 4 singles kraft
- 0.5 cup lettuce shredded
- 0.3 cup miracle whip dressing light
- 1 tomatoes cut into 4 slices, then cut in half

Equipment

Directions

- Spread tortillas with dressing.
- Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:4.04, Inflammation Score:-3, Nutrition Score:6.6434782147408%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 253.68kcal (12.68%), Fat: 16.43g (25.28%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 14.95g (5.43%), Sugar: 3.37g (3.75%), Cholesterol: 30.65mg (10.22%), Sodium: 751.33mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Selenium: 12.43µg (17.76%), Phosphorus: 160.04mg (16%), Vitamin B1: 0.23mg (15.33%), Vitamin B3: 2.63mg (13.16%), Manganese: 0.16mg (7.97%), Iron: 1.34mg (7.45%), Folate: 28.34µg (7.08%), Vitamin B6: 0.13mg (6.52%), Vitamin B2: 0.1mg (6.17%), Potassium: 215.65mg (6.16%), Fiber: 1.47g (5.86%), Vitamin A: 280.21IU (5.6%), Zinc: 0.78mg (5.2%), Copper: 0.1mg (5.2%), Vitamin K: 5.41µg (5.15%), Calcium: 49.13mg (4.91%), Magnesium: 17.9mg (4.47%), Vitamin C: 3.57mg (4.33%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.3mg (1.98%)