

Turkey Cranberry Wrap

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Servings: 4

4 ounces deli turkey, sliced
2 slices (one ounce ea) white Cheddar cheese
1/2 ripe avocado sliced almonds
2 whole-wheat sandwich wraps
1/4 cup dried cranberries OR golden raisins
1/4 cup chopped walnuts
broccoli sprouts or romaine lettuce, torn into small pieces

Place the turkey, cheese and avocado on the wraps.

Sprinkle the walnuts and cranberries on top.

Place the sprouts on top.

Tightly roll up the wraps.

To serve: cut into halves.

Make sure that the avocado is super ripe and spreadable. It will hold all of the other ingredients in place.

Per Serving (excluding unknown items): 154 Calories; 14g Fat (76.0% calories from fat); 6g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	154
% Calories from Fat:	76.0%
% Calories from Carbohydrates:	10.4%
% Calories from Protein:	13.6%
Total Fat (g):	14g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	2g
Protein (g):	6g
Sodium (mg):	2mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0

Potassium (mg): 177mg
Calcium (mg): 49mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 23IU
Vitamin A (r.e.): 2 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 154 Calories from Fat: 117

% Daily Values*

Total Fat	14g	21%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	6%
Protein	6g	

Vitamin A	0%
Vitamin C	1%
Calcium	5%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.