



WESTERN WISCONSIN HEALTH

SPINACH TURKEY WRAPS

- 4 oz. nonfat cream cheese
- 2 T. sliced green onions
- 1 tsp. Dijon mustard
- 4 (9" or 6") low-carb tortillas
- 1 1/3 C. fresh spinach, shredded
- 6 oz. thinly sliced roasted turkey breast, skin and fat removed
- 1/4 C. reduced-fat shredded Cheddar or jack cheese
- 2 T. minced red bell pepper

Nutrition Facts

Serving Size (144g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 650mg **27%**

Total Carbohydrate 26g **9%**

Dietary Fiber 15g **60%**

Sugars 4g

Protein 21g

Vitamin A 25% • Vitamin C 20%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

In a small bowl, combine the cream cheese, green onions and Dijon mustard. Spread the mixture equally onto the tortillas. Next, add in equal portions the spinach, turkey, cheese and bell pepper. Wrap the tortillas tightly around the filling; wrap the rolls in plastic wrap and refrigerate for at least 1 hour before serving.

NUTRITION FACTS: Serving size: 1 filled wrap per serving, 4 servings