

# Turkey BLT Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14541

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 Tablespoon	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
Turkey Breast Deli	3 2/11 Ounce		100121
TOMATO ROMA DCD 3/8"	1/4 Cup		786543
BACON CRUMBLES CKD 12-1 GCHC	1 Tablespoon	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
TORTILLA WHLWHE 12IN	1 Each		118910

## Preparation Instructions

Lay out sheets of parchments.

Lay tortillas on the parchment.

Smear with lite mayonnaise.

Add lettuce, turkey, diced tomatoes, bacon bits, and cheese.

Roll and fold tortilla.

Cut in half on a diagonal.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.250
<b>Red/Orange</b>	0.083
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	518.25
<b>Fat</b>	20.50g
<b>Saturated Fat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	91.00mg
<b>Sodium</b>	1428.00mg
<b>Carbohydrates</b>	52.25g
<b>Fiber</b>	0.58g
<b>Total Sugar</b>	1.67g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	37.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 80.76mg	<b>Iron</b> 0.05mg

## Nutrition - Per 100g

<b>Calories</b>	412.65
<b>Fat</b>	16.32g
<b>Saturated Fat</b>	7.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.46mg
<b>Sodium</b>	1137.03mg
<b>Carbohydrates</b>	41.60g
<b>Fiber</b>	0.46g
<b>Total Sugar</b>	1.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	29.93g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 64.30mg	<b>Iron</b> 0.04mg