

California Avocado Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	3 Slice		244190
TURKEY HAM SLCD	3 Slice		556121
CHEESE SWS 120CT SLCD PROC	1 Slice		311405
LETTUCE ROMAINE HRTS	1/2 Cup		211782
TOMATO ROMA DCD 3/8"	1/4 Cup		786543
Avocado Spread	1 Serving	Mix all the ingredients together.	R-28653
TORTILLA WHLWHE 12IN	1 Each		118910

Preparation Instructions

- Lay out sheets of parchments.
- Lay tortillas on the parchment.
- Smear with Avocado Spread.
- Add lettuce, turkey, ham, diced tomatoes, and cheese.
- Roll and fold tortilla.
- Cut in half on a diagonal.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.702
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	501.70
Fat	23.15g
Saturated Fat	8.51g
Trans Fat	0.00g
Cholesterol	76.23mg
Sodium	1228.28mg
Carbohydrates	48.69g
Fiber	1.41g
Total Sugar	3.04g
Added Sugar	0.00g
Protein	28.76g
Vitamin A 4.48mcg RAE	Vitamin C 0.31mg
Calcium 197.04mg	Iron 1.02mg

Nutrition - Per 100g

Calories	344.64
Fat	15.90g
Saturated Fat	5.85g
Trans Fat	0.00g
Cholesterol	52.37mg
Sodium	843.77mg
Carbohydrates	33.45g
Fiber	0.97g
Total Sugar	2.09g
Added Sugar	0.00g
Protein	19.76g
Vitamin A 3.08mcg RAE	Vitamin C 0.21mg
Calcium 135.36mg	Iron 0.70mg