

B.L.T Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43552
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	6 Slice		834770
LETTUCE GREEN LEAF	2 Ounce	Weight	284998
TOMATO 6X6 LRG	1/8 Cup	2 slices	199036
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
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	309.09
Fat	13.02g
Saturated Fat	4.63g
Trans Fat	0.00g
Cholesterol	37.04mg
Sodium	823.13mg
Carbohydrates	31.48g
Fiber	3.29g
Total Sugar	2.65g
Added Sugar	1.06g
Protein	14.79g
Vitamin A 194.92mcg RAE	Vitamin C 3.21mg
Calcium 62.81mg	Iron 2.45mg

Nutrition - Per 100g

Calories	356.55
Fat	15.02g
Saturated Fat	5.34g
Trans Fat	0.00g
Cholesterol	42.73mg
Sodium	949.51mg
Carbohydrates	36.32g
Fiber	3.79g
Total Sugar	3.06g
Added Sugar	1.22g
Protein	17.06g
Vitamin A 224.85mcg RAE	Vitamin C 3.70mg
Calcium 72.46mg	Iron 2.83mg