

TURKEY & CRANBERRY APPLE WRAP

NUTRITION FACTS

Serving Size: 1 Wrap

Calories: 293 | Carbohydrates: 34g | Protein: 11g | Total Fat: 13g | Saturated Fat: 3g | Sodium: 701mg | Fiber: 6g

INGREDIENTS

- 2 tsps Mayonnaise
- 1 Whole wheat tortilla
- 1 Tbsp Cranberry sauce (homemade or canned)
- 1/4 cup Baby spinach
- 1 1/2 ozs Sliced turkey breast
- 1/4 Apple (small, sliced)

DIRECTIONS

1. Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, and apple. Roll up the tortilla tightly and enjoy!

NOTES

Leftovers: Best enjoyed fresh. Store in an airtight container for up to one day.

More Flavor: Add mustard. Use your favorite salad dressing in place of the mayonnaise.

Lower Sodium: For a lower sodium option, use low sodium turkey breast.





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