



A Nutrition Resource

TURKEY, SPINACH, AND APPLE WRAPS

Yield: 6 Servings | Serving Size: 1/2 wrap

Cost/Serving: \$1.25

Ingredients:

- 3 12-Inch, honey wheat wraps
- 3/4 cup baby spinach leaves, loosely packed
- 12 oz or 25 slices of thinly sliced turkey breast
- 2 gala (or other seasonal) crisp apples, sliced very thin
- 1/2 cup shredded cheddar cheese

Directions:

1. Leaving a margin free on the tortilla side closest to you, sprinkle a layer of approximately 1/2 cup greens. Top each layer with 4 slices of turkey.
2. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle shredded cheese onto wrap.
3. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
4. When ready to serve, cut each wrap in half, at an angle. Each wrap provides 2 servings.

Nutrition Facts

6 servings per container

Serving size 1/2 wrap (0.0g)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 920mg 40%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0.1mcg 0%

Calcium 160mg 10%

Iron 2.9mg 15%

Potassium 340mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from New School Cuisine and MT Harvest of the Month

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 **Find us on Pinterest**
pinterest.com/buyeatlive

 **Find us on Facebook**
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION