



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.

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

## 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.

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