



MYPLATE WRAP

PREP TIME: 10 minutes

SERVING SIZE: half a wrap

COOK TIME: 0 minutes

SERVES: 2

INGREDIENTS

- 1 whole wheat tortilla
- 1 slice low fat cheddar cheese
- ¼ cup fresh spinach
- ¼ cup apple slices, thinly cut
- 2 slices (1 ounce) sliced turkey breast, low sodium

PREPARATION

1. Lay tortilla flat
2. Top with cheese, spinach, and apples. Place 2 slices of turkey on half of the tortilla.
3. Roll the tortillas starting at the edge where you placed the turkey.
4. Use a serrated knife to cut the wrap in half.



Nutrition Facts

2 servings per container
Serving size Half a Wrap

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 450mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 0mg	0%
Potassium 80mg	2%

*The % Daily Value 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.

SOURCE

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes



This institution is an equal opportunity provider. Rev 1/21
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



WRAP DE MIPLATO

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: mitad de un wrap

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 2

INGREDIENTES

- 1 tortilla de trigo integral
- 1 rebanada de queso cheddar bajo en grasa
- ¼ taza de espinaca fresca
- ¼ taza de rodajas de manzana, finamente cortadas
- 2 rebanadas (1 onza) pavo en rodajas, bajo en sodio



PREPARACIÓN

1. Coloque la tortilla planamente en el plato.
2. Cubra con queso, espinaca y manzanas. Coloque 2 rodajas de pavo en cada mitad de la tortilla.
3. Enrollar la tortilla comenzando en el lado donde puso el pavo.
4. Use un cuchillo para cortar por la mitad.

FUENTE

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

www.centraltexasfoodbank.org/recipes



Nutrition Facts

2 servings per container	
Serving size	Half a Wrap
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 450mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 0mg	0%
Potassium 80mg	2%

*The % Daily Value 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.

Esta institución ofrece igualdad de oportunidades. Rev 1/21

Este material fue financiado en parte por el programa del USDA – SNAP en inglés