



# Mexican Turkey Wrap

**Nutrition Facts Report**  
Source: Custom

Yield: 1 (1.000 serving(s))  
No. Ingredients: 5

Category: Basic Food  
Manufacturer: (None)

## Ingredients

- 1.000 item Flour Tortilla
- 0.500 oz. Yellow Sweet Corn, Whole Kernel, Canned, Drained
- 0.500 oz. Black Beans, Boiled
- 0.500 oz. Cheddar Cheese, Shredded
- 0.250 oz. Plain Tortilla Chips

## Nutrition Facts

Serving Size 1.00 serving(s) (82g)

Amount Per Serving			
<b>Calories</b>	222	<b>Calories from Fat</b>	81
% Daily Value			
<b>Total Fat</b>	9.0g		14 %
Saturated Fat	3.8g		19 %
Trans Fat	0.2g		
<b>Cholesterol</b>	14.9mg		5 %
<b>Sodium</b>	363.8mg		15 %
<b>Total Carbohydrate</b>	27.3g		9 %
Dietary Fiber	2.9g		11 %
Sugars	1.3g		
<b>Protein</b>	8.4g		
Vitamin A	3 %	Calcium	16 %
Vitamin C	0 %	Iron	10 %

## Instructions