

Italian Wrap

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-wrap-recipe>

Ingredients:

- 1 large flour tortilla
- 2 slices ham
- 5 slices salami
- 2 tablespoons shredded mozzarella cheese or Italian blend cheese
- shredded lettuce
- sliced tomatoes
- red onion thinly sliced
- vinaigrette favorite

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 35 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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