

## Lettuce Wraps with Turkey Slices & Mustard



3 Ingredients, 1 serve

2 lettuce (iceberg) (leaves, large)  
100 grams turkey (slices)  
1 teaspoon mustard

### Instructions

Use large lettuce leaves as wraps and wrap the turkey slice with a smear of mustard into the lettuce wrap! Yum!

### Warnings

\*\*MUSTARD: (if you are on the SCD or GAPS diets, check the ingredients or make your own)

### Nutritional Information (per serving)

Calories	147
Total Fat	5g
Saturated Fat	1g
Cholesterol	72mg
Sodium	170mg
Total Carbohydrate	1g
Dietary Fibre	--
Sugars	--
Protein	22g
Calcium	17mg
Iron	1mg
Magnesium	29mg
Phosphorus	192mg
Potassium	253mg

Vitamin C	1mg
Thiamine	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	--