

Recipe Analyzer Results

A single serving of this recipe has 329 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 329

% Daily Value\*

Total Fat 13.7g 18%

Saturated Fat 6.6g 33%

Cholesterol 40mg 13%

Sodium 608mg 26%

Total Carbohydrate 32.6g 12%

Dietary Fiber 6.2g 22%

Total Sugars 5g

Protein 20.5g

Vitamin D 47mcg 233%

Calcium 498mg 38%

Iron 2mg 12%

Ingredients:

- 4 small whole grain flour tortillas
- 60 ml (1/4 cup) pasta sauce
- 5 ml (1 tsp) Italian seasoning
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- 175 ml (3/4 cup) chopped fresh mushrooms
- 60 ml (1/4 cup) chopped lean roast turkey
- 250 ml (1 cup) shredded part skim mozzarella

Potassium 201mg

4%

## Nutrition Facts

Servings: 4

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**