



February 4- Turkey Roll

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=810946>

Recipe

Ingredients:

2 slices turkey

1 wedge Laughing Cow cheese, light

Directions:

1. Lay out one slice of turkey and spread with ½ wedge of cheese.
2. Roll and eat!

Yield 1 serving

Nutrition Facts

Serving Size 2 slices (48g)
Servings Per Container 1

Amount Per Serving

Calories 60 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 430mg **18%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 6g **12%**

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.