Ham and Cheese Wrap

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Pork, ham, cured, sliced	1.25 Lb.		1. Chill all ingredients 2. Spread 1 Tbsp. yogurt on each tortilla. 3. Layer 1.25 oz. ham, ½ oz. cheese, and ¼ cup romaine lettuce on each whole grain tortilla. 4. Wrap each tortilla and cut in half.
American Cheese	8 oz.		
Lettuce, romaine		2 cups	
Yogurt, low-fat		16 Tbsp.	CCP: Cool to 40° F or below
Tortilla, whole grain, 8 inches		16 tortillas	

TEAM NUTRITION IOWA

Serving Size: Yield: 16 servings

Nutrition Analysis: **Serving Size**: 1 serving

Calories: 210	Calories from Fat: 35%	Total Fat: 8 g	Saturated Fat: 4 g	Trans Fat: 0 g
Cholesterol: 32.56 mg	Sodium: 746 mg	Total Carbohydrate: 22 g	Dietary Fiber: 3 g	Sugars: 0 g
Protein: 13 g	Vitamin A: 325	Vitamin C: 0.38 mg	Calcium: 149 mg	Iron: 0.12 mg