



## A Morning Wrap

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



234 kcal

SIDE DISH

### Ingredients

- 1 banana sliced
- 1 6-inch flour tortilla ()
- 1 Tbsp philadelphia neufchatel cheese

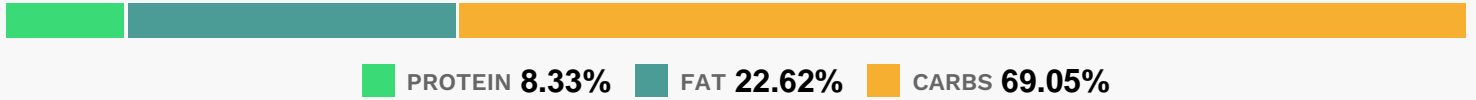
### Equipment

### Directions

- Spread tortilla with Neufchatel.

Top with bananas; roll up.

## Nutrition Facts



### Properties

Glycemic Index:115.78, Glycemic Load:17.88, Inflammation Score:-4, Nutrition Score:9.0413043136182%

### Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 234.21kcal (11.71%), Fat: 6.15g (9.47%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 38.14g (13.87%), Sugar: 15.98g (17.76%), Cholesterol: 10.94mg (3.65%), Sodium: 271.35mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Manganese: 0.47mg (23.42%), Vitamin B6: 0.46mg (22.84%), Fiber: 4.12g (16.47%), Potassium: 482.41mg (13.78%), Folate: 53.87µg (13.47%), Vitamin B1: 0.19mg (12.72%), Vitamin C: 10.27mg (12.44%), Selenium: 8.31µg (11.88%), Vitamin B2: 0.19mg (11.39%), Phosphorus: 108.16mg (10.82%), Vitamin B3: 2.14mg (10.71%), Magnesium: 39.94mg (9.98%), Iron: 1.41mg (7.86%), Calcium: 66.99mg (6.7%), Copper: 0.13mg (6.36%), Vitamin B5: 0.53mg (5.28%), Vitamin A: 199.82IU (4%), Zinc: 0.46mg (3.05%), Vitamin K: 3µg (2.86%), Vitamin E: 0.18mg (1.18%)