



BBQ Pork & Pepper Wraps

READY IN



22 min.

SERVINGS



22

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.5 cup milk cheddar cheese 2% kraft
- 1 bell pepper green cut into strips
- 2 Tbsp lite house dressing italian kraft
- 1 lb pork tenderloin cut into strips
- 1 bell pepper red cut into strips
- 4 8-inch tortillas whole wheat ()

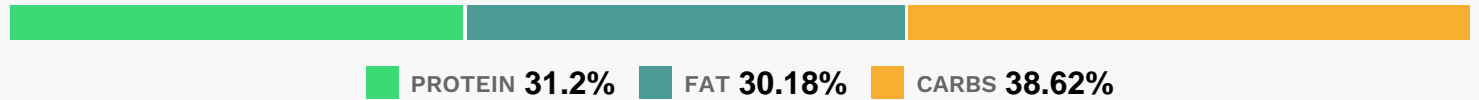
Equipment

frying pan

Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add meat and peppers; cook and stir 3 to 4 min. or until meat is no longer pink.
- Stir in barbecue sauce. Reduce heat to medium-low; simmer 6 to 8 min. or until meat is cooked through and sauce is thickened, stirring occasionally.
- Remove from heat; stir in cheese.
- Spoon evenly onto tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.4039130392282%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 73.11kcal (3.66%), Fat: 2.43g (3.74%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.99g (3.32%), Cholesterol: 15.97mg (5.32%), Sodium: 153.35mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin B1: 0.21mg (14.07%), Vitamin C: 11.32mg (13.72%), Selenium: 7.09µg (10.13%), Vitamin B6: 0.19mg (9.65%), Vitamin B3: 1.48mg (7.42%), Phosphorus: 65.85mg (6.59%), Vitamin B2: 0.09mg (5.33%), Vitamin A: 230.56IU (4.61%), Calcium: 35.56mg (3.56%), Potassium: 120.09mg (3.43%), Zinc: 0.51mg (3.42%), Fiber: 0.75g (2.99%), Iron: 0.47mg (2.59%), Vitamin B12: 0.13µg (2.24%), Vitamin B5: 0.22mg (2.16%), Magnesium: 8.36mg (2.09%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.59µg (1.52%), Copper: 0.03mg (1.43%), Manganese: 0.02mg (1.22%)