



Bean and Veggie Wraps

 Vegetarian  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 4 8-inch flour tortilla fat-free (6 to)
- ☐ 5 oz mushrooms fresh sliced
- ☐ 2 oz cheddar cheese shredded reduced-fat
- ☐ 1 medium onion thin
- ☐ 4 cups pkt spinach fresh

Equipment

- ☐ frying pan

Directions

- ☐ Heat tortillas as directed on package.
- ☐ Meanwhile, spray 10-inch skillet with cooking spray; heat over medium heat. Cook mushrooms and onion in skillet about 4 minutes, stirring frequently, until onion is crisp-tender. Stir in beans; heat through. Stir in spinach; remove from heat.
- ☐ Divide bean mixture among tortillas.
- ☐ Sprinkle with cheese. Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:8.92, Inflammation Score:-10, Nutrition Score:25.831304236599%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 303.02kcal (15.15%), Fat: 5.64g (8.68%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 37.28g (13.56%), Sugar: 3.96g (4.4%), Cholesterol: 2.98mg (0.99%), Sodium: 896.91mg (39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin K: 148.77µg (141.68%), Vitamin A: 2847.24IU (56.94%), Folate: 183.8µg (45.95%), Fiber: 10.6g (42.41%), Manganese: 0.82mg (41.09%), Phosphorus: 341.63mg (34.16%), Vitamin B1: 0.47mg (31.45%), Vitamin B2: 0.51mg (29.96%), Iron: 4.98mg (27.66%), Selenium: 18.54µg (26.49%), Vitamin B3: 4.45mg (22.24%), Copper: 0.42mg (21.13%), Calcium: 207.58mg (20.76%), Potassium: 720.78mg (20.59%), Magnesium: 80.34mg (20.08%), Vitamin C: 14.08mg (17.07%), Vitamin B6: 0.22mg (11.16%), Zinc: 1.49mg (9.95%), Vitamin B5: 0.89mg (8.89%), Vitamin E: 0.63mg (4.18%), Vitamin B12: 0.08µg (1.39%)