



BLT wraps

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 alouette all natural sundried tomato and basil spreadable cheese
- ☐ 1 avocado pitted ripe peeled
- ☐ 0.3 cup cream sour
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 teaspoon hot sauce (or desired taste)
- ☐ 1 Dash salt
- ☐ 4 red-leaf lettuce red
- ☐ 2 large tomatoes cut into slices

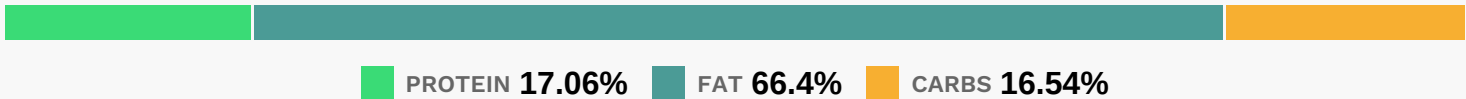
☐ 8 slices at least of turkey bacon cooked

Equipment

Directions

- ☐ Combine avocado, sour cream, lime juice, hot sauce and salt. Blend/mash with a fork until smooth.
- ☐ Spread each warmed wrap with 3 tablespoons of the avocado spread.
- ☐ Layer each wrap with lettuce, tomato slices and 2 strips of bacon.
- ☐ Roll up and cut in half.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:11.192608719287%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 236.32kcal (11.82%), Fat: 18.24g (28.06%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.33g (3.7%), Cholesterol: 35.92mg (11.97%), Sodium: 682.41mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin C: 19.16mg (23.22%), Vitamin K: 21.38µg (20.36%), Vitamin A: 1001.41IU (20.03%), Phosphorus: 188.55mg (18.86%), Fiber: 4.51g (18.05%), Potassium: 594.93mg (17%), Vitamin B6: 0.3mg (15.03%), Folate: 58.5µg (14.62%), Vitamin E: 1.88mg (12.57%), Vitamin B3: 2.43mg (12.13%), Selenium: 7.98µg (11.39%), Vitamin B2: 0.18mg (10.34%), Copper: 0.2mg (9.76%), Zinc: 1.38mg (9.18%), Manganese: 0.18mg (8.98%), Magnesium: 34.59mg (8.65%), Vitamin B5: 0.83mg (8.34%), Iron: 1.18mg (6.55%), Vitamin B1: 0.09mg (5.92%), Calcium: 35.21mg (3.52%), Vitamin B12: 0.13µg (2.18%)