



## BLT Wraps

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 bacon crumbled cooked
- ☐ 0.5 cup tomatoes dried drained chopped in oil
- ☐ 8 10-inch flour tortillas ()
- ☐ 1 large head iceberg lettuce chopped
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

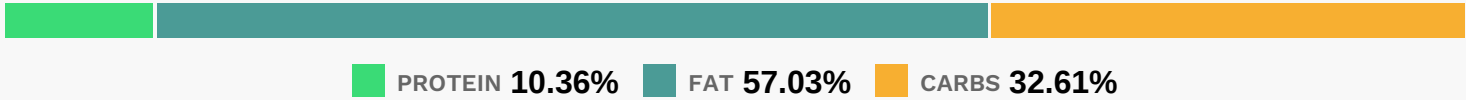
## Equipment

☐ bowl

Directions

- ☐ Combine mayonnaise and tomatoes in a bowl.
- ☐ Spread evenly over 1 side of each tortilla, leaving a 1/2-inch border.
- ☐ Layer lettuce, bacon, and onions, if desired, evenly over tortillas; sprinkle evenly with salt and pepper.
- ☐ Roll up tortillas; secure with wooden picks, and cut in half diagonally.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:12.47, Inflammation Score:-6, Nutrition Score:17.920869415221%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 511.06kcal (25.55%), Fat: 32.5g (50%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 37.32g (13.57%), Sugar: 7.2g (8%), Cholesterol: 27.6mg (9.2%), Sodium: 1269.33mg (55.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Vitamin K: 76.79µg (73.13%), Selenium: 24.85µg (35.5%), Vitamin B1: 0.52mg (34.65%), Manganese: 0.63mg (31.44%), Vitamin B3: 5.52mg (27.58%), Phosphorus: 255.9mg (25.59%), Folate: 99.29µg (24.82%), Iron: 3.79mg (21.06%), Fiber: 4.49g (17.97%), Vitamin B2: 0.3mg (17.5%), Potassium: 545.2mg (15.58%), Calcium: 132.04mg (13.2%), Vitamin A: 559.34IU (11.19%), Copper: 0.22mg (10.98%), Magnesium: 41.02mg (10.25%), Vitamin B6: 0.19mg (9.62%), Zinc: 1.18mg (7.9%), Vitamin E: 1.16mg (7.73%), Vitamin C: 5.34mg (6.47%), Vitamin B5: 0.57mg (5.75%), Vitamin B12: 0.21µg (3.47%)