



Burrito BLT Wraps

READY IN



15 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

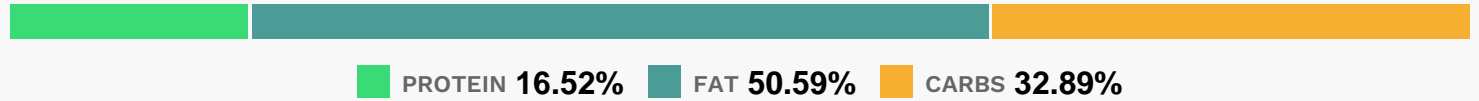
- 8 slices bacon crumbled cooked
- 2 cups lettuce
- 6 ounces cheddar cheese shredded
- 1 cup tomatoes chopped
- 0.3 cup salad dressing
- 11 oz flour tortilla for burritos (8 count)

Equipment

Directions

- Toss all ingredients except tortillas.
- Spread one-sixth of bacon mixture on each tortilla. Fold up bottom third of each tortilla; roll up to form cone shape with folded end at bottom.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:12.970869515253%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 363.79kcal (18.19%), Fat: 20.37g (31.34%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.4g (9.96%), Sugar: 4.56g (5.06%), Cholesterol: 38.91mg (12.97%), Sodium: 880.42mg (38.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Selenium: 25.31µg (36.15%), Phosphorus: 291.01mg (29.1%), Calcium: 285.99mg (28.6%), Vitamin B1: 0.35mg (23.4%), Vitamin K: 19.48µg (18.55%), Vitamin B3: 3.63mg (18.13%), Vitamin B2: 0.31mg (18.06%), Folate: 65.49µg (16.37%), Manganese: 0.32mg (16.21%), Vitamin A: 620.05IU (12.4%), Iron: 2.23mg (12.4%), Zinc: 1.73mg (11.53%), Fiber: 2.41g (9.62%), Vitamin B6: 0.15mg (7.28%), Potassium: 243.69mg (6.96%), Vitamin B12: 0.42µg (6.95%), Magnesium: 27.46mg (6.86%), Vitamin C: 4.13mg (5%), Copper: 0.1mg (4.89%), Vitamin E: 0.72mg (4.8%), Vitamin B5: 0.37mg (3.65%), Vitamin D: 0.21µg (1.42%)