



 **66%**
HEALTH SCORE

Burrito BLT Wraps

 Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



2165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

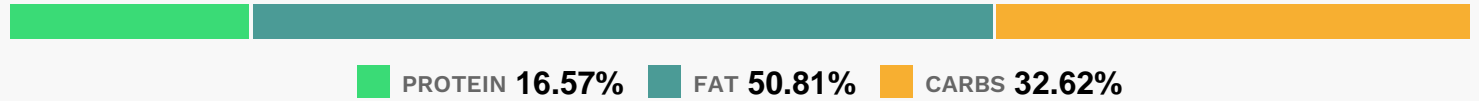
- 8 slices bacon crumbled cooked
- 6 8-inch flour tortilla (es in diameter)
- 2 cups lettuce
- 0.3 cup salad dressing
- 6 ounces cheddar cheese shredded
- 1 cup tomatoes chopped

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:131, Glycemic Load:51.21, Inflammation Score:-10, Nutrition Score:63.133913288946%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 2164.86kcal (108.24%), Fat: 121.77g (187.35%), Saturated Fat: 51.65g (322.83%), Carbohydrates: 175.95g (58.65%), Net Carbohydrates: 161.73g (58.81%), Sugar: 27.13g (30.14%), Cholesterol: 233.46mg (77.82%), Sodium: 5239.5mg (227.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.35g (178.7%), Selenium: 150.53µg (215.05%), Phosphorus: 1734.03mg (173.4%), Calcium: 1707.39mg (170.74%), Vitamin B1: 2.08mg (138.45%), Vitamin K: 116.46µg (110.91%), Vitamin B3: 21.5mg (107.49%), Vitamin B2: 1.83mg (107.4%), Folate: 387.47µg (96.87%), Manganese: 1.92mg (95.84%), Vitamin A: 3720.3IU (74.41%), Iron: 13.18mg (73.25%), Zinc: 10.35mg (68.98%), Fiber: 14.23g (56.9%), Vitamin B6: 0.87mg (43.51%), Vitamin B12: 2.5µg (41.68%), Potassium: 1454.8mg (41.57%), Magnesium: 163.47mg (40.87%), Vitamin C: 24.76mg (30.01%), Copper: 0.58mg (29.02%), Vitamin E: 4.32mg (28.83%), Vitamin B5: 2.18mg (21.83%), Vitamin D: 1.28µg (8.51%)