



## Caesar Salad Wraps

READY IN



15 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 small the of 1 cos lettuce
- 0.3 cup onion red chopped
- 2 tablespoons pecorino cheese shredded
- 0.3 cup caesar dressing
- 4 8-inch flour tortilla plain
- 4 hardboiled eggs sliced
- 2 roma tomatoes sliced (plum)

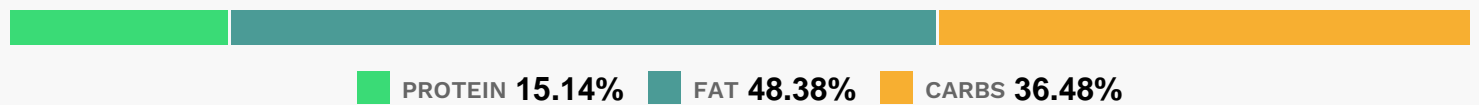
### Equipment

toothpicks

## Directions

- Toss romaine, onion, cheese and dressing to coat.
- Spread romaine mixture evenly down center of each tortilla. Top with eggs and tomatoes.
- Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:8.51, Inflammation Score:-10, Nutrition Score:24.906087025352%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 351.46kcal (17.57%), Fat: 18.95g (29.16%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 27.4g (9.96%), Sugar: 5.46g (6.06%), Cholesterol: 194.83mg (64.94%), Sodium: 655.99mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.69%), Vitamin A: 10289IU (205.78%), Vitamin K: 136.59µg (130.08%), Folate: 229.28µg (57.32%), Selenium: 27.87µg (39.81%), Vitamin B2: 0.49mg (29.1%), Vitamin B1: 0.39mg (25.91%), Phosphorus: 256.79mg (25.68%), Manganese: 0.49mg (24.64%), Iron: 3.82mg (21.2%), Fiber: 4.75g (19.01%), Calcium: 175.47mg (17.55%), Potassium: 497.87mg (14.22%), Vitamin B3: 2.84mg (14.2%), Vitamin C: 9.51mg (11.53%), Vitamin B6: 0.22mg (10.8%), Vitamin E: 1.53mg (10.21%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.59µg (9.79%), Magnesium: 37.63mg (9.41%), Zinc: 1.2mg (8.02%), Vitamin D: 1.13µg (7.51%), Copper: 0.14mg (6.89%)