



 **65%**
HEALTH SCORE

California Crab Wraps

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup avocado diced ()
- 4 10-inch flour tortillas whole wheat ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper black
- 1 tablespoon juice of lime fresh
- 1.3 cups lump crab meat canned (such as Chicken of the Sea)
- 0.5 cup prechopped onion red

- 1.5 cups plum tomatoes diced (3 tomatoes)
- 4 romaine lettuce leaves trimmed
- 0.3 teaspoon salt

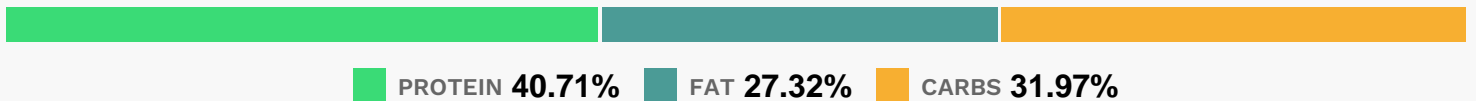
Equipment

- bowl

Directions

- Combine first 7 ingredients in a small bowl; set aside.
- Combine crabmeat, cream cheese, and cilantro in a small bowl; spread evenly down center of each tortilla.
- Place 1 lettuce leaf over crabmeat mixture. Spoon tomato mixture evenly over lettuce, and roll up.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:19.445652153181%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 108.49kcal (5.42%), Fat: 3.44g (5.3%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.72g (4.13%), Cholesterol: 22.05mg (7.35%), Sodium: 594.02mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.09%), Vitamin B12: 4.72µg (78.75%), Vitamin A:

3291.18IU (65.82%), Vitamin K: 42.98µg (40.94%), Copper: 0.6mg (30.19%), Selenium: 20.04µg (28.63%), Vitamin C: 21.72mg (26.33%), Folate: 94.95µg (23.74%), Zinc: 3.54mg (23.6%), Phosphorus: 166.14mg (16.61%), Potassium: 525.22mg (15.01%), Manganese: 0.28mg (13.88%), Fiber: 3.44g (13.76%), Vitamin B6: 0.25mg (12.54%), Magnesium: 49.8mg (12.45%), Vitamin B3: 1.62mg (8.1%), Vitamin B1: 0.11mg (7.04%), Iron: 1.2mg (6.65%), Vitamin E: 0.96mg (6.38%), Vitamin B5: 0.6mg (6.05%), Vitamin B2: 0.09mg (5.45%), Calcium: 53.34mg (5.33%)