



Carrot & hummus roll-ups



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

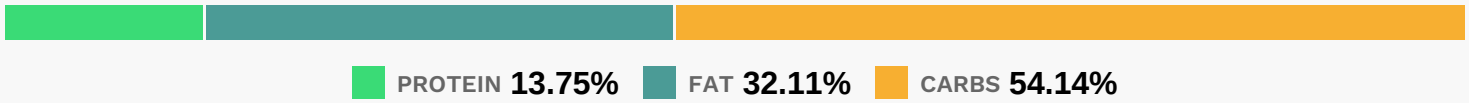
- ☐ 200 g water
- ☐ 4 wrap seeded
- ☐ 4 carrots
- ☐ 1 small handful arugula

Equipment

Directions

- ☐
- Spread the hummus between wraps. Coarsely grate carrots and scatter on top of the hummus, finishing each wrap with a small handful of rocket leaves and some seasoning.
- ☐
- Roll up and eat.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:15.328695566758%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 201.06kcal (10.05%), Fat: 7.38g (11.35%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 22.15g (8.06%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 453.74mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin A: 10324.31IU (206.49%), Manganese: 0.64mg (31.9%), Fiber: 5.84g (23.35%), Folate: 86.14µg (21.53%), Vitamin B1: 0.28mg (18.89%), Phosphorus: 173.75mg (17.38%), Copper: 0.33mg (16.3%), Vitamin K: 15.66µg (14.92%), Iron: 2.57mg (14.25%), Magnesium: 51.77mg (12.94%), Selenium: 8.07µg (11.52%), Vitamin B3: 2.23mg (11.16%), Potassium: 365.15mg (10.43%), Vitamin B6: 0.21mg (10.28%), Vitamin B2: 0.16mg (9.19%), Calcium: 90.93mg (9.09%), Zinc: 1.24mg (8.29%), Vitamin C: 4.35mg (5.27%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.42mg (2.83%)