



Carrot & Raisin Salad Roll-Up

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp carrots shredded
- 2 Tbsp philadelphia pineapple cream cheese spread
- 16-inch flour tortilla ()
- 1 Tbsp raisins

Equipment

Directions

Spread tortilla with cream cheese spread.

Top with carrots and raisins; roll up.

Nutrition Facts

PROTEIN 8.81% **FAT 36.86%** **CARBS 54.33%**

Properties

Glycemic Index:139.63, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:10.023043508115%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 227.86kcal (11.39%), Fat: 9.48g (14.59%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 28.54g (10.38%), Sugar: 3.53g (3.92%), Cholesterol: 19.84mg (6.61%), Sodium: 394.18mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin A: 5315.8IU (106.32%), Vitamin B1: 0.19mg (12.5%), Fiber: 2.91g (11.64%), Manganese: 0.23mg (11.56%), Selenium: 6.81µg (9.73%), Calcium: 96.3mg (9.63%), Vitamin B3: 1.79mg (8.94%), Iron: 1.57mg (8.71%), Folate: 34.35µg (8.59%), Phosphorus: 83.55mg (8.35%), Vitamin B2: 0.13mg (7.61%), Potassium: 257.25mg (7.35%), Vitamin K: 6.12µg (5.83%), Copper: 0.09mg (4.5%), Vitamin B6: 0.09mg (4.37%), Magnesium: 14.7mg (3.67%), Vitamin C: 2.58mg (3.13%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.2mg (1.32%)