



Cheesey Bean Wraps with a Kick of Spice

 Vegetarian

READY IN



10 min.

SERVINGS



3

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 50 g black beans
- ☐ 0.3 tsp chilli powder smoked
- ☐ 100 g extra mature cheddar
- ☐ 3 flour tortillas
- ☐ 50 g kidney beans
- ☐ 4 tbsp mayonnaise
- ☐ 3 servings grinding of pepper black good
- ☐ 1 handful rocket leaves good (arugula)

☐ 50 g sweetcorn

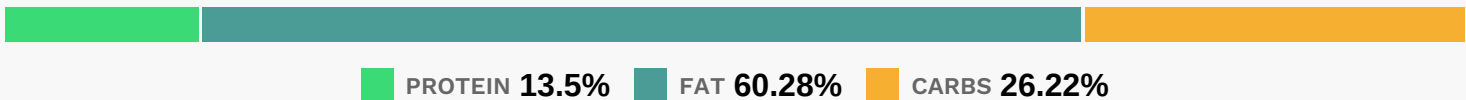
Equipment

☐ bowl

Directions

- ☐ Grate the cheddar in a large bowl.
- ☐ Add the beans and mix through.
- ☐ In a small bowl mix the spices into the mayonnaise, then mix through the bean mixture.
- ☐ Season with black pepper and mix again.
- ☐ Lay salad leaves on each tortilla, them top with the cheesey bean mixture, roll and scoff!
- ☐ Enjoy

Nutrition Facts



Properties

Glycemic Index:97.26, Glycemic Load:8.28, Inflammation Score:-6, Nutrition Score:13.634348034859%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 414.64kcal (20.73%), Fat: 28g (43.07%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 23.06g (8.39%), Sugar: 2.29g (2.55%), Cholesterol: 41.06mg (13.69%), Sodium: 561.82mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.21%), Vitamin K: 42.09µg (40.08%), Calcium: 302.46mg (30.25%), Phosphorus: 282.46mg (28.25%), Selenium: 17.05µg (24.36%), Folate: 93µg (23.25%), Manganese: 0.37mg (18.61%), Fiber: 4.34g (17.37%), Vitamin B1: 0.25mg (16.59%), Vitamin B2: 0.27mg (16.01%), Zinc: 1.92mg (12.8%), Iron: 2.24mg (12.46%), Vitamin A: 616.25IU (12.33%), Magnesium: 42.92mg (10.73%), Vitamin B3: 1.85mg (9.26%), Potassium: 259.83mg (7.42%), Copper: 0.14mg (6.88%), Vitamin E: 0.99mg (6.59%), Vitamin B12: 0.38µg (6.26%), Vitamin B6: 0.11mg (5.34%), Vitamin B5: 0.46mg (4.6%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.24µg (1.58%)