



Crunchy Vegetable Wrap

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients

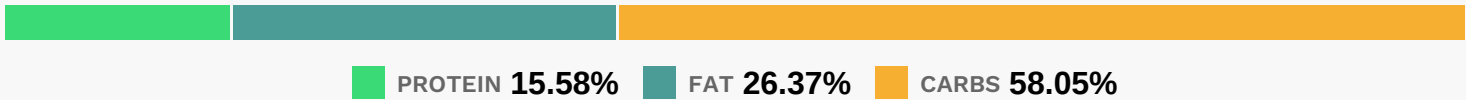
- ☐ 1 cup alfalfa sprouts
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.3 cup cream cheese fat-free tub-style
- ☐ 4 curly kale leaves
- ☐ 4 10-inch flour tortillas fat-free ()
- ☐ 1 cup cabbage shredded red
- ☐ 2 tablespoons onion diced red finely
- ☐ 0.5 cup tomatoes chopped

Equipment

Directions

- ☐
- Spread 1 tablespoon cream cheese over each tortilla; top each with a lettuce leaf. Divide sprouts and remaining ingredients evenly among tortillas; roll up.
- ☐
- Cut each rolled wrap in half diagonally.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:11.64, Inflammation Score:-8, Nutrition Score:14.969130442842%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 270.37kcal (13.52%), Fat: 7.92g (12.19%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 35.68g (12.97%), Sugar: 5.09g (5.66%), Cholesterol: 7.01mg (2.34%), Sodium: 707.56mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.08%), Vitamin K: 36.02µg (34.3%), Vitamin A: 1551.63IU (31.03%), Phosphorus: 268.08mg (26.81%), Vitamin B1: 0.4mg (26.64%), Selenium: 17.62µg (25.18%), Manganese: 0.48mg (24.12%), Folate: 89.52µg (22.38%), Vitamin C: 17.61mg (21.35%), Calcium: 210.09mg (21.01%), Vitamin B2: 0.3mg (17.89%), Vitamin B3: 3.5mg (17.51%), Iron: 3.03mg (16.85%), Fiber: 3.57g (14.28%), Potassium: 285.07mg (8.14%), Magnesium: 30.36mg (7.59%), Vitamin B6: 0.14mg (7.17%), Zinc: 0.96mg (6.42%), Copper: 0.11mg (5.73%), Vitamin B5: 0.48mg (4.77%), Vitamin B12: 0.22µg (3.68%), Vitamin E: 0.18mg (1.2%)