



HEALTH SCORE

57%

Curried Chipotle Potato, Spinach and Cheese Wraps



Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach dried rinsed
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 servings curry paste to taste
- ☐ 2 10-inch flour tortillas ()
- ☐ 4 slices muenster cheese
- ☐ 2 tablespoons olive oil
- ☐ 4 small potatoes red

☐ 0.3 cup chipotle salsa to taste

Equipment

☐ frying pan

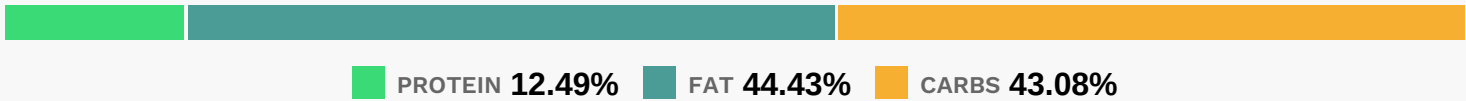
☐ pot

☐ microwave

Directions

- ☐ Bring a small pot of salted water to a boil. Cook potatoes in boiling water until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ Heat olive oil in a large skillet over medium-high heat; add potatoes and cook until warm. Stir in curry paste and cream over low heat.
- ☐ Place two slices of cheese on each tortilla and microwave individually for fifteen to twenty-five seconds until melted.
- ☐ To assemble, divide the potatoes and spinach evenly between the tortillas and add chipotle salsa to taste.
- ☐ Heat in the microwave for twenty seconds, then enclose the tortillas around the filling.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:40.495217230009%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 855.11kcal (42.76%), Fat: 42.83g (65.89%), Saturated Fat: 18.42g (115.14%), Carbohydrates: 93.42g (31.14%), Net Carbohydrates: 83.76g (30.46%), Sugar: 9.77g (10.85%), Cholesterol: 70.71mg (23.57%), Sodium: 1169.4mg (50.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.19%), Vitamin K: 171.47µg (163.31%), Vitamin A: 4567.62IU (91.35%), Phosphorus: 647.48mg (64.75%), Calcium: 593.56mg (59.36%), Manganese: 1.14mg (56.78%), Potassium: 1975.18mg (56.43%), Folate: 193.82µg (48.46%), Vitamin C: 38.8mg (47.03%), Vitamin B1: 0.67mg (44.84%), Fiber: 9.66g (38.64%), Vitamin B6: 0.77mg (38.58%), Vitamin B3: 7.65mg (38.25%), Selenium: 26.47µg (37.82%), Iron: 6.43mg (35.69%), Vitamin B2: 0.58mg (33.96%), Magnesium: 134.95mg (33.74%), Copper: 0.61mg (30.38%), Vitamin E: 3.34mg (22.26%), Zinc: 3.33mg (22.18%), Vitamin B12: 0.85µg (14.12%), Vitamin B5: 1.29mg (12.93%), Vitamin D: 0.58µg (3.84%)