



Curried Tuna Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 4 8-inch flour tortillas whole-wheat
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 cups torn leaf lettuce green
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons raisins
- ☐ 2 tablespoons onion red minced
- ☐ 0.3 teaspoon salt

☐ 12 ounce solid tuna in water white flaked drained canned

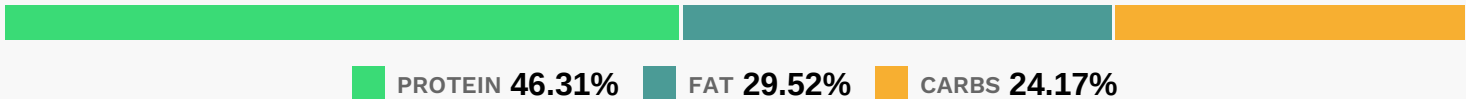
Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a spoon. Stir in tuna, onion, and raisins, breaking up any large chunks of tuna with a spoon.
- ☐ Spoon about 1/3 cup tuna mixture down center of each tortilla. Top each with 1/2 cup lettuce; roll up. Wrap in plastic wrap or foil, and chill until serving.
- ☐ Tear lettuce leaves
- ☐ Pour tuna in colander or strainer to drain
- ☐ Stir together measured ingredients
- ☐ Help spoon tuna on tortillas and assemble wraps

Nutrition Facts



Properties

Glycemic Index:22.7, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:12.99739124464%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 182.91kcal (9.15%), Fat: 5.94g (9.13%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 9.72g (3.54%), Sugar: 1.96g (2.18%), Cholesterol: 38.08mg (12.69%), Sodium: 654.18mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.91%), Selenium: 57.19µg (81.71%), Vitamin K: 32.88µg (31.32%), Vitamin A: 1365.07IU (27.3%), Vitamin B3: 5.2mg (26.02%), Phosphorus: 205.79mg (20.58%), Vitamin B12: 1µg (16.58%), Vitamin B6: 0.23mg (11.67%), Vitamin D: 1.7µg (11.34%), Potassium: 326.14mg (9.32%), Magnesium: 37.04mg (9.26%), Manganese: 0.16mg (8.06%), Vitamin E: 1.2mg (7.99%), Iron: 1.43mg (7.94%), Fiber: 1.21g (4.86%), Vitamin B2: 0.08mg (4.62%), Copper: 0.08mg (3.95%), Zinc: 0.53mg (3.55%), Folate: 12.41µg (3.1%), Vitamin C: 2.5mg (3.04%), Calcium: 26.58mg (2.66%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.16mg (1.56%)