



Curried Tuna Wraps



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons mild curry powder
- ☐ 2 tablespoons currants dried
- ☐ 1 tablespoon hoisin sauce jarred
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons onion red minced
- ☐ 4 leaves romaine lettuce
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup slivered almonds lightly toasted

- ☐ 4 tortillas whole-wheat
- ☐ 15 oz tuna in water drained canned

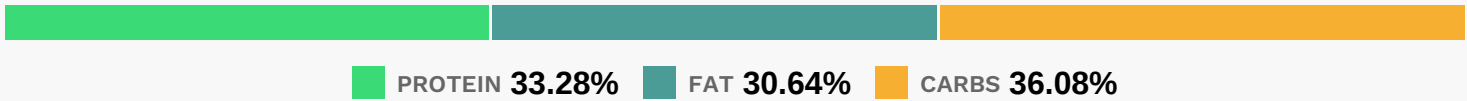
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, combine tuna, almonds, onion, currants, hoisin sauce, curry powder and mayonnaise and mix well to combine, breaking up any large chunks of tuna with a fork. Season with salt and pepper.
- ☐ Lay 1 leaf of lettuce in center of a tortilla and top with 1/4 of tuna mixture. Fold in edges of tortilla and roll like a burrito, enclosing tuna within. Repeat with remaining tortillas, lettuce and tuna.
- ☐ Cut each wrap crosswise on diagonal and serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:6.22, Inflammation Score:-9, Nutrition Score:23.590000038562%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 300.44kcal (15.02%), Fat: 10.25g (15.77%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 23.82g (8.66%), Sugar: 8.24g (9.16%), Cholesterol: 40.63mg (13.54%), Sodium: 834.24mg (36.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.11%), Selenium: 79.84µg (114.06%), Vitamin

B3: 12.41mg (62.07%), Vitamin A: 2524.94IU (50.5%), Vitamin B12: 2.73µg (45.54%), Vitamin K: 39.88µg (37.98%), Phosphorus: 264.3mg (26.43%), Manganese: 0.46mg (23.11%), Iron: 3.9mg (21.64%), Vitamin B6: 0.43mg (21.52%), Folate: 78.22µg (19.56%), Vitamin E: 2.66mg (17.75%), Vitamin B2: 0.29mg (17.12%), Vitamin B1: 0.23mg (15.66%), Magnesium: 60.18mg (15.05%), Fiber: 3.34g (13.36%), Potassium: 433.39mg (12.38%), Calcium: 105.1mg (10.51%), Copper: 0.21mg (10.28%), Vitamin D: 1.28µg (8.5%), Zinc: 1.24mg (8.24%), Vitamin B5: 0.3mg (2.98%), Vitamin C: 1.97mg (2.39%)