



Easy Lentil Feta Wraps

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce brown lentils canned
- 0.3 cup cooking wine dry white
- 4 ounce feta cheese crumbled
- 0.5 pound mushrooms fresh sliced
- 2 cloves garlic minced
- 0.3 cup kalamata olives chopped
- 3 tablespoons olive oil
- 2 shallots finely chopped

- 0.5 cup tomatoes chopped
- 6 8-inch tortillas whole wheat ()

Equipment

- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 250 degrees F (120 degrees C). Wrap the tortillas in aluminum foil, and warm in the oven about 10 minutes, until soft.
- Heat the olive oil in a saucepan over medium heat, and saute the garlic, shallots, and mushrooms 5 minutes, until lightly browned.
- Pour in the wine, and scrape up any browned bits from the bottom of the saucepan.
- Mix in the lentils, and cook 2 minutes, just until heated through.
- Fill each tortilla with a portion of the lentil mixture, and fold or roll. Top with feta cheese, olives, and tomatoes.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:6.23, Inflammation Score:-8, Nutrition Score:28.110000060952%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

Nutrients (% of daily need)

Calories: 512.15kcal (25.61%), Fat: 15.51g (23.86%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 66.79g (22.26%), Net Carbohydrates: 41.51g (15.09%), Sugar: 5.08g (5.65%), Cholesterol: 16.82mg (5.61%), Sodium: 560.58mg (24.37%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 26.14g (52.27%), Fiber: 25.28g (101.12%), Folate: 356.95µg (89.24%), Manganese: 1.03mg (51.63%), Vitamin B1: 0.69mg (46.12%), Phosphorus: 427.38mg (42.74%), Iron: 6.86mg (38.11%), Zinc: 4.21mg (28.06%), Vitamin B6: 0.56mg (28%), Vitamin B2: 0.47mg (27.53%), Copper: 0.52mg (25.94%), Potassium: 879.57mg (25.13%), Magnesium: 98.44mg (24.61%), Vitamin B5: 2.31mg (23.12%), Calcium: 215.14mg (21.51%), Selenium: 12.54µg (17.91%), Vitamin B3: 3.52mg (17.6%), Vitamin E: 1.68mg (11.19%), Vitamin K: 9.28µg (8.84%), Vitamin C: 6.59mg (7.99%), Vitamin B12: 0.33µg (5.58%), Vitamin A: 233.36IU (4.67%), Vitamin D: 0.15µg (1.01%)