

# Fiesta Veggie Wrap

Vegetarian Very Healthy

READY IN

SERVINGS

45 min.

1

SIDE DISH

## **Ingredients**

Ш	2 avocado ripe sliced
	0.3 cup carrots shredded (1 oz/30 g)
	4 slices cucumber english
	1 serving flour tortilla green red
	2 tablespoons cream cheese softened
П	1 serving pepper

2 teaspoons basil pesto homemade

### **Equipment**

	bowi
	aluminum foil
Di	rections
	In a small bowl, mix together the cream cheese and pesto.
	Spread the cream cheese mixture evenly over the tortilla. Top with the avocado slices, arranging them in a horizontal line across the center or mashing them onto the surface.  Arrange the carrot and cucumber on top of the avocado.
	Sprinkle with salt and pepper. Press down gently.
	Fold about 2 inches (5 cm) of the right side of the tortilla over the filling. Press gently. Beginning with the rounded side closest to you, roll up the tortilla into a tight cylinder, with the filling peeking out the top. Alternatively, roll up the tortilla like you would a burrito, with the filling enclosed in the wrap.
	Wrap in foil or a strip of pretty paper and place in an airtight container or sandwich bag and seal tightly. Refrigerate until ready to go.
	Veggie-riffic
	For extra color and crunch, add any of the following veggies: Celery or jicama matchsticks Sliced fennel Bell pepper matchsticks Baby spinach leaves Shredded red cabbage Sprouts
	Use a napkin or colorful strip of paper, secured with tape, to hold the wrap together.
	Appears with permission from The Lunch Box: Packed with fun, healthy meals to go" by Kate McMillan & Sarah Putman Clegg. Photographs by Emma Boys. Copyright © 2011 by Weldon Owen, Inc.
Nutrition Facts	
	PROTEIN 5.56% FAT 71.21% CARBS 23.23%

### **Properties**

howl

Glycemic Index:194.83, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:43.596087061841%

#### **Flavonoids**

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin: 0.04mg, Luteolin: 0.04mg, Luteolin:

0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, K

#### Nutrients (% of daily need)

Calories: 891.93kcal (44.6%), Fat: 75.29g (115.83%), Saturated Fat: 15.95g (99.7%), Carbohydrates: 55.25g (18.42%), Net Carbohydrates: 25.98g (9.45%), Sugar: 7.08g (7.87%), Cholesterol: 30.09mg (10.03%), Sodium: 456.16mg (19.83%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.24g (26.47%), Vitamin A: 6544.62IU (130.89%), Fiber: 29.26g (117.05%), Folate: 366.45µg (91.61%), Vitamin K: 93.59µg (89.14%), Potassium: 2167.29mg (61.92%), Vitamin B5: 5.95mg (59.54%), Vitamin E: 8.79mg (58.61%), Vitamin B6: 1.13mg (56.29%), Vitamin C: 42.98mg (52.1%), Vitamin B3: 8.67mg (43.37%), Copper: 0.84mg (41.79%), Vitamin B2: 0.7mg (41.16%), Manganese: 0.8mg (40.06%), Magnesium: 133.16mg (33.29%), Phosphorus: 319.11mg (31.91%), Vitamin B1: 0.46mg (30.45%), Zinc: 3mg (20.02%), Iron: 3.56mg (19.76%), Selenium: 10.86µg (15.51%), Calcium: 151.19mg (15.12%), Vitamin B12: 0.06µg (1.06%)