



Fiesta Veggie Wrap

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



892 kcal

SIDE DISH

Ingredients

- ☐ 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
- ☐ 1 serving pepper
- ☐ 2 teaspoons basil pesto homemade

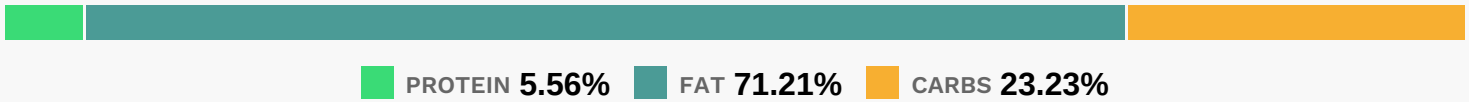
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ 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



Properties

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 Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg,
Quercetin: 0.07mg, Quercetin: 0.07mg

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 %: 0% (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%)