




 **21%**
HEALTH SCORE

Taco Avocado Wraps


 Vegetarian

READY IN




30 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 medium avocado ripe peeled sliced
- 8 ounces cream cheese softened
- 4 10-inch flour tortilla room temperature (es)
- 4 ounces to 2 chilies slit green drained chopped canned
- 5 spring onion sliced
- 4 ounces olives ripe drained sliced canned
- 2 plum tomatoes thinly sliced
- 0.5 cup cream sour

1 tablespoon taco seasoning

Equipment

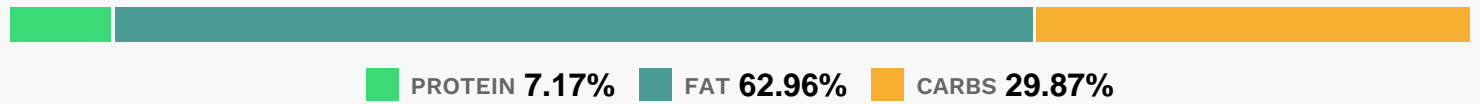
bowl

Directions

In a small bowl, combine the cream cheese, sour cream, chilies and taco seasoning.

Spread about 1/2 cup over each tortilla. Top with the avocados, tomatoes, onions and olives; roll up.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:13.05, Inflammation Score:-9, Nutrition Score:24.463913119358%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 690.69kcal (34.53%), Fat: 49.88g (76.73%), Saturated Fat: 19.13g (119.57%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 41.32g (15.02%), Sugar: 8.75g (9.72%), Cholesterol: 74.23mg (24.74%), Sodium: 1300.21mg (56.53%), Alcohol: Og (100%), Protein: 12.78g (25.56%), Vitamin K: 61.66µg (58.73%), Fiber: 11.93g (47.74%), Folate: 169.13µg (42.28%), Vitamin A: 1665.14IU (33.3%), Selenium: 22.3µg (31.85%), Vitamin B2: 0.53mg (30.98%), Vitamin B1: 0.46mg (30.93%), Phosphorus: 293.1mg (29.31%), Manganese: 0.56mg (27.86%), Vitamin E: 4.01mg (26.71%), Vitamin B3: 5.25mg (26.26%), Vitamin C: 21.06mg (25.53%), Potassium: 812.48mg (23.21%), Calcium: 226.94mg (22.69%), Iron: 3.66mg (20.35%), Vitamin B5: 1.98mg (19.76%), Vitamin B6: 0.39mg (19.29%), Copper: 0.34mg (17.19%), Magnesium: 62.05mg (15.51%), Zinc: 1.52mg (10.1%), Vitamin B12: 0.19µg (3.09%)