



Fresh Fruit Roll Ups



Vegetarian



Vegan



Dairy Free

READY IN



11 min.

SERVINGS



6

CALORIES



441 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 banana sliced
- ☐ 6 servings wedge lemon
- ☐ 2 peaches firm pitted chopped
- ☐ 1 pears ripe chopped
- ☐ 1 pint strawberries coarsely chopped
- ☐ 1 cup all fruit spread such as seedless raspberry or blackberry
- ☐ 6 10-inch sandwich wraps plain

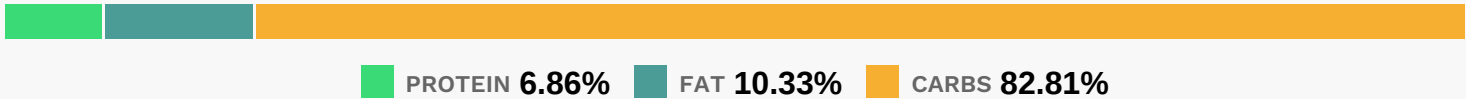
Equipment

- ☐ bowl
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix fruit in a bowl and dress with a little lime or lemon juice to retard browning.
- ☐ Place wraps in a clean towel, place in microwave and heat on high for 30 seconds to soften them.
- ☐ Place a wrap on your cutting board and spread with preserves. Pile 1/6 of your salad near 1 edge of your wrap. Tuck in sides and roll up the fruit in the wrap. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:28.17, Inflammation Score:-5, Nutrition Score:10.276521796766%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg, Epicatechin: 2.62mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.02mg,

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 440.77kcal (22.04%), Fat: 5.18g (7.97%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 93.45g (31.15%), Net Carbohydrates: 84.38g (30.68%), Sugar: 43.96g (48.84%), Cholesterol: 0mg (0%), Sodium: 461.34mg (20.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Vitamin C: 56.92mg (69%), Fiber: 9.07g (36.29%), Manganese: 0.43mg (21.26%), Calcium: 154.3mg (15.43%), Iron: 2.56mg (14.23%), Potassium: 331.49mg (9.47%), Copper: 0.17mg (8.68%), Folate: 34.28µg (8.57%), Vitamin B6: 0.14mg (7.12%), Magnesium: 23.99mg (6%), Vitamin B2: 0.1mg (5.78%), Phosphorus: 48.74mg (4.87%), Vitamin E: 0.72mg (4.79%), Vitamin B3: 0.91mg (4.54%), Vitamin K: 4.64µg (4.42%), Selenium: 2.73µg (3.9%), Vitamin A: 192.69IU (3.85%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.32mg (2.13%)