



## Fruit and Nut Wrap

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



450 kcal

SIDE DISH

### Ingredients

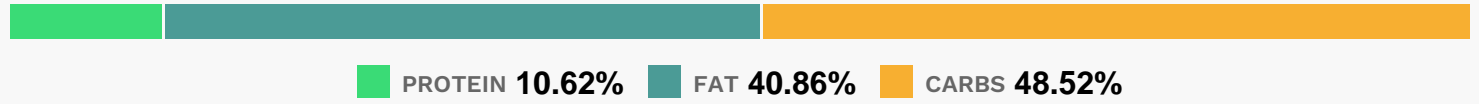
- 2 Tbsp philadelphia strawberry cream cheese spread
- 1 8-inch flour tortilla ()
- 2 Tbsp planters cocktail peanuts unsalted
- 2 Tbsp raisins
- 0.3 cup strawberries fresh sliced

### Equipment

## Directions

- Mix cream cheese spread and raisins; spread onto tortilla to within 1/2 inch of edge.
- Sprinkle with nuts.
- Place strawberries down center of tortilla; roll up tightly.

## Nutrition Facts



## Properties

Glycemic Index:147.05, Glycemic Load:21.6, Inflammation Score:-6, Nutrition Score:15.396521804125%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 449.74kcal (22.49%), Fat: 21.2g (32.61%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 50.2g (18.26%), Sugar: 4.64g (5.16%), Cholesterol: 19.84mg (6.61%), Sodium: 537mg (23.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.79%), Manganese: 1mg (49.95%), Vitamin B3: 5.91mg (29.56%), Vitamin B1: 0.43mg (28.92%), Vitamin C: 22.79mg (27.62%), Folate: 105.48µg (26.37%), Fiber: 6.45g (25.78%), Phosphorus: 213.8mg (21.38%), Iron: 3.56mg (19.77%), Selenium: 13.14µg (18.77%), Copper: 0.34mg (17.05%), Magnesium: 62.5mg (15.63%), Calcium: 148.22mg (14.82%), Potassium: 515.13mg (14.72%), Vitamin B2: 0.23mg (13.73%), Vitamin B6: 0.17mg (8.65%), Vitamin A: 308.32IU (6.17%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.5mg (4.96%), Vitamin K: 4.46µg (4.25%)