



## Fruit and Nut Wrap

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



90 kcal

SIDE DISH

### Ingredients

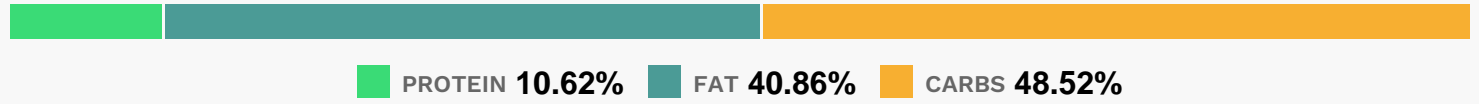
- 2 Tbsp philadelphia strawberry cream cheese spread
- 1 8-inch flour tortilla ()
- 2 Tbsp planters cocktail peanuts unsalted
- 2 Tbsp raisins
- 0.3 cup strawberries fresh sliced

### 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:29.41, Glycemic Load:4.32, Inflammation Score:-2, Nutrition Score:3.0782608785059%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 89.95kcal (4.5%), Fat: 4.24g (6.52%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.04g (3.65%), Sugar: 0.93g (1.03%), Cholesterol: 3.97mg (1.32%), Sodium: 107.4mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Manganese: 0.2mg (9.99%), Vitamin B3: 1.18mg (5.91%), Vitamin B1: 0.09mg (5.78%), Vitamin C: 4.56mg (5.52%), Folate: 21.1µg (5.27%), Fiber: 1.29g (5.16%), Phosphorus: 42.76mg (4.28%), Iron: 0.71mg (3.95%), Selenium: 2.63µg (3.75%), Copper: 0.07mg (3.41%), Magnesium: 12.5mg (3.13%), Calcium: 29.64mg (2.96%), Potassium: 103.03mg (2.94%), Vitamin B2: 0.05mg (2.75%), Vitamin B6: 0.03mg (1.73%), Vitamin A: 61.66IU (1.23%), Zinc: 0.16mg (1.06%)