



Garden Vegetable Wraps

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup garden peas
- ☐ 4 10-inch flour tortilla (8 to 10 inches in diameter)
- ☐ 1 cup pkt spinach packed
- ☐ 1 large tomatoes thinly sliced
- ☐ 0.8 cup carrots shredded
- ☐ 8 ounce monterrey jack cheese
- ☐ 0.5 cup bell pepper yellow chopped

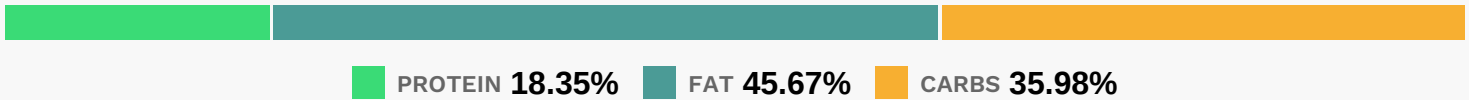
Equipment

☐ plastic wrap

Directions

- ☐ Spread 2 tablespoons cream cheese over each tortilla. Top with spinach and tomato to within 1 inch of edge.
- ☐ Sprinkle with carrot. Top with cheese.
- ☐ Sprinkle with bell pepper.
- ☐ Roll up tortillas tightly.
- ☐ Serve immediately, or wrap securely with plastic wrap and refrigerate no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:12.29, Inflammation Score:-10, Nutrition Score:26.755652189255%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 452.47kcal (22.62%), Fat: 23.03g (35.44%), Saturated Fat: 12.91g (80.66%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 36.76g (13.37%), Sugar: 5.52g (6.13%), Cholesterol: 50.46mg (16.82%), Sodium: 881.4mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.64%), Vitamin A: 5997.31IU (119.95%), Vitamin K: 83.32µg (79.35%), Vitamin C: 48.25mg (58.48%), Calcium: 552.18mg (55.22%), Phosphorus: 428.16mg (42.82%), Selenium: 24.04µg (34.35%), Manganese: 0.56mg (28.09%), Vitamin B2: 0.48mg (28.01%), Folate: 111.78µg (27.95%), Vitamin B1: 0.41mg (27.29%), Vitamin B3: 3.94mg (19.68%), Iron: 3.51mg (19.52%), Fiber: 4.07g (16.28%), Zinc: 2.29mg (15.28%), Potassium: 437.27mg (12.49%), Magnesium: 49.13mg (12.28%), Vitamin B6: 0.22mg (10.85%), Copper: 0.17mg (8.44%), Vitamin B12: 0.47µg (7.84%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.39mg (3.91%), Vitamin D: 0.34µg (2.27%)