



Greek Salad Wrap

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olives black pitted
- 1 cup cucumbers chopped
- 4 oz athenos feta cheese crumbled traditional
- 4 10-inch flour tortillas ()
- 0.5 cup athenos original hummus
- 0.3 cup dressing italian kraft
- 2 cups lettuce chopped
- 1 large tomatoes chopped

Equipment

bowl

Directions

- Spread tortillas with hummus.
- Toss lettuce with all remaining ingredients in medium bowl.
- Spoon lettuce mixture onto tortillas; roll up.
- Serve immediately.

Nutrition Facts



PROTEIN 12.97% **FAT 42.3%** **CARBS 44.73%**

Properties

Glycemic Index:42.38, Glycemic Load:12.56, Inflammation Score:-7, Nutrition Score:18.490434864293%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 405.08kcal (20.25%), Fat: 19.22g (29.58%), Saturated Fat: 6.88g (43.03%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 39.95g (14.53%), Sugar: 6.59g (7.33%), Cholesterol: 25.23mg (8.41%), Sodium: 1238.94mg (53.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.53%), Manganese: 0.72mg (35.86%), Vitamin B1: 0.5mg (33.18%), Phosphorus: 321.5mg (32.15%), Folate: 122.57µg (30.64%), Selenium: 21.1µg (30.14%), Vitamin B2: 0.48mg (28.41%), Calcium: 275.63mg (27.56%), Vitamin K: 28.56µg (27.2%), Fiber: 5.78g (23.14%), Iron: 3.9mg (21.66%), Vitamin B3: 3.92mg (19.6%), Copper: 0.32mg (15.81%), Vitamin B6: 0.3mg (15.17%), Vitamin A: 750.98IU (15.02%), Magnesium: 55.8mg (13.95%), Zinc: 1.95mg (13.01%), Potassium: 394.88mg (11.28%), Vitamin C: 8.36mg (10.14%), Vitamin B12: 0.48µg (7.99%), Vitamin E: 1.01mg (6.76%), Vitamin B5: 0.58mg (5.85%)