



Greek salad wraps



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large vine ripened tomato
- ☐ 1 piece cm of cucumber
- ☐ 6 kalamata olives
- ☐ 2 large very tortilla wraps soft
- ☐ 50 g feta cheese
- ☐ 2 tbsp water

Equipment

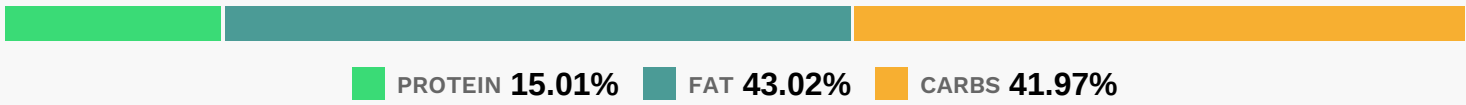
- ☐ frying pan

☐ tongs

Directions

- ☐ Roughly chop the tomato, cut the cucumber into sticks and split and stone the olives (if using).
- ☐ Now heat the tortillas. If you have gas, put each one for 10 seconds on a lit gas ring – you have to be a little bit brave – then turn it over quickly, using tongs, and heat the other side for another 8 seconds or so. The tortillas will be slightly charred in places, which adds a fantastic flavour. If you don't have gas, warm a pan to a medium heat before quickly tossing in your tortillas one at a time. You don't need to have any oil on the pan.
- ☐ Make a row of tomato, cucumber, feta and olives down the centre of each warm tortilla. Now spread the hummus around the top and sides of the tortilla. Fold in the sides to seal in the ingredients and roll up tightly to make a big cigar.
- ☐ Cut in half and eat with your fingers.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:14.73130437343%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 234.73kcal (11.74%), Fat: 11.47g (17.65%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 20.69g (7.52%), Sugar: 5.64g (6.27%), Cholesterol: 22.25mg (7.42%), Sodium: 757.4mg (32.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Manganese: 0.48mg (24.22%), Phosphorus: 226.27mg (22.63%), Vitamin B2: 0.36mg (21.23%), Vitamin C: 17.27mg (20.93%), Folate: 83.66µg (20.92%), Calcium: 209.09mg (20.91%), Vitamin A: 1023.19IU (20.46%), Vitamin B1: 0.3mg (19.94%), Vitamin K: 20.77µg (19.78%), Fiber: 4.49g (17.95%), Selenium: 11.09µg (15.84%), Vitamin B6: 0.31mg (15.34%), Copper: 0.29mg (14.64%), Potassium: 511.91mg (14.63%), Magnesium: 51.33mg (12.83%), Iron: 2.25mg (12.51%), Vitamin B3: 2.29mg (11.43%), Zinc: 1.57mg (10.45%), Vitamin B5: 0.75mg (7.55%), Vitamin B12: 0.42µg (7.04%), Vitamin E: 1.04mg (6.92%)