



## Greek Vegetable Wraps

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 6-inch flour tortillas ()
- 2 Tbsp juice of lemon
- 3 cups mushroom
- 0.3 cup athenos reduced fat feta cheese crumbled
- 2 cups romaine lettuce chopped
- 0.3 cup greek vinaigrette dressing kraft
- 1 cup zucchini strips red halved

### Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Mix dressing and lemon juice. Toss mushrooms, zucchini, red peppers and onions in large bowl.
- Add dressing mixture; mix lightly.
- Place in foil-lined 15x10x1-inch baking pan.
- Bake at 400F for 15 minutes, stirring after 10 minutes.
- Cover tortillas with lettuce; top with vegetable mixture.
- Sprinkle with cheese.
- Roll up.

## Nutrition Facts

**PROTEIN 13.23%** **FAT 47.76%** **CARBS 39.01%**

## Properties

Glycemic Index:3.92, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:2.7904347874548%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 34.11kcal (1.71%), Fat: 1.89g (2.91%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.85g (0.94%), Cholesterol: 0.8mg (0.27%), Sodium: 49.87mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin C: 8.49mg (10.29%), Vitamin A: 514.18IU (10.28%), Vitamin K: 6.96µg (6.63%), Vitamin B2: 0.07mg (3.98%), Folate: 14.57µg (3.64%), Vitamin B3: 0.7mg (3.5%), Selenium: 2.2µg (3.15%), Vitamin B1: 0.04mg (2.65%), Phosphorus: 22.57mg (2.26%), Copper: 0.04mg (2.23%), Manganese: 0.04mg (2.09%), Vitamin B5: 0.21mg (2.06%), Fiber: 0.49g (1.96%), Potassium: 65.93mg

(1.88%), Vitamin B6: 0.04mg (1.77%), Iron: 0.29mg (1.64%), Vitamin E: 0.22mg (1.45%)