



Greek Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice hot cooked (without salt or fat)
- ☐ 1 ounce feta cheese reduced-fat
- ☐ 4 8-inch flour tortillas ()
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 8 ounces ground round lean
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 cup onion chopped ()

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup pinenuts toasted
- ☐ 1.5 ounces spinach leaves fresh

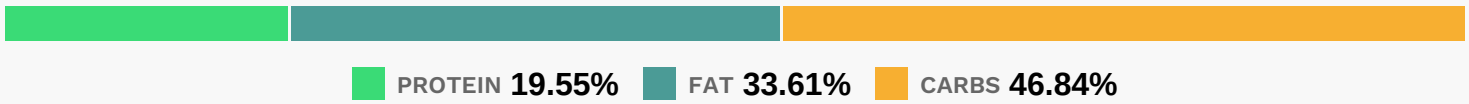
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Coat a large skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add ground round and onion; saut 5 minutes or until beef is browned and onion is tender, stirring until beef crumbles.
- ☐ Drain well.
- ☐ Combine beef mixture, rice, and next 7 ingredients; stir well.
- ☐ Lay tortillas on a flat surface; line with spinach leaves.
- ☐ Spread beef mixture evenly over tortillas, and roll up tortillas, jelly-roll fashion. Wrap in aluminum foil; cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:16.17, Inflammation Score:-5, Nutrition Score:11.286086898783%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 230.78kcal (11.54%), Fat: 8.59g (13.21%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 26.93g (8.98%),
Net Carbohydrates: 25.4g (9.24%), Sugar: 2.82g (3.13%), Cholesterol: 21.24mg (7.08%), Sodium: 399.21mg (17.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Manganese: 0.76mg (38.09%), Vitamin K:
30.19µg (28.76%), Selenium: 14µg (20%), Phosphorus: 173.76mg (17.38%), Vitamin B3: 2.98mg (14.89%), Zinc: 2.14mg
(14.29%), Vitamin B1: 0.18mg (11.96%), Vitamin B12: 0.71µg (11.87%), Iron: 2.06mg (11.45%), Folate: 42.57µg (10.64%),
Vitamin B2: 0.18mg (10.4%), Vitamin A: 508.22IU (10.16%), Vitamin B6: 0.19mg (9.57%), Magnesium: 34.65mg
(8.66%), Calcium: 81.63mg (8.16%), Copper: 0.14mg (7.2%), Potassium: 244.91mg (7%), Fiber: 1.53g (6.13%), Vitamin
B5: 0.49mg (4.87%), Vitamin E: 0.62mg (4.13%), Vitamin C: 3.12mg (3.78%)