



## Grilled Baby Carrot Wraps with Poblano Cream

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 240 baby carrots assorted peeled thin
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 10-inch flour tortillas
- ☐ 45 servings hot sauce green
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 poblano chiles
- ☐ 45 servings salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 45 servings vegetable oil for brushing

## Equipment

- ☐ sauce pan
- ☐ blender
- ☐ toothpicks
- ☐ grill
- ☐ broiler
- ☐ grill pan

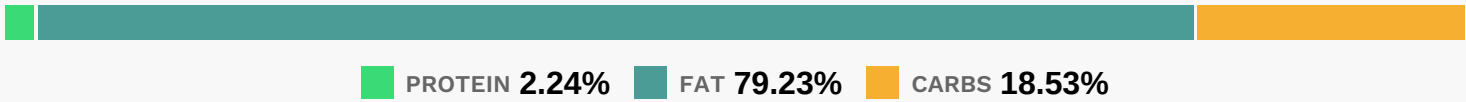
## Directions

- ☐ Roast the poblanos directly over a gas flame or under a preheated broiler, turning, until charred all over.
- ☐ Let cool. Peel, seed and stem the chiles, then coarsely chop them.
- ☐ Transfer the poblanos to a blender.
- ☐ Add the sour cream, cumin and cilantro and puree. Season with hot sauce and salt.
- ☐ In a large saucepan of boiling salted water, cook the carrots until crisp-tender, about 3 minutes.
- ☐ Drain and pat dry.
- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the carrots with oil. If using a grill, place the carrots in a perforated grill pan. Grill over moderately high heat, turning, until charred, about 5 minutes. Season lightly with salt.
- ☐ Cut off the top third of each tortilla.
- ☐ Spread about 1 tablespoon of the poblano cream on each tortilla and arrange the carrots (about 15 for each wrap) in a row at the bottom. Tightly roll up the tortillas, folding in the sides as you go. Insert 2 toothpicks in each wrap to keep it closed.
- ☐ Brush the wraps all over with vegetable oil.
- ☐ Grill the wraps over moderately high heat, turning, until charred and very crisp all over, about 2 minutes. Discard the toothpicks.

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Cut the wraps in half and serve the extra poblano cream on the side.

# Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:8.7795651934069%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 165.34kcal (8.27%), Fat: 14.84g (22.83%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.94g (3.27%), Cholesterol: 0.75mg (0.25%), Sodium: 284.54mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin A: 7389.2IU (147.78%), Vitamin K: 31.9µg (30.38%), Vitamin E: 1.17mg (7.83%), Fiber: 1.86g (7.46%), Vitamin C: 5.75mg (6.97%), Manganese: 0.12mg (6.05%), Folate: 20.92µg (5.23%), Iron: 0.77mg (4.28%), Potassium: 146.87mg (4.2%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.41%), Copper: 0.06mg (3.22%), Phosphorus: 30.17mg (3.02%), Vitamin B3: 0.6mg (3.01%), Calcium: 28.78mg (2.88%), Selenium: 1.92µg (2.74%), Vitamin B2: 0.04mg (2.4%), Vitamin B5: 0.23mg (2.34%), Magnesium: 7.64mg (1.91%)