



## Grilled Pizza Wraps

READY IN



30 min.

SERVINGS



8

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 10-inch flour tortillas ()
- 2 tablespoons butter softened
- 16 ounce cheddar-monterey jack cheese blend shredded
- 4 ounces pepperoni sliced
- 0.5 cup pizza sauce

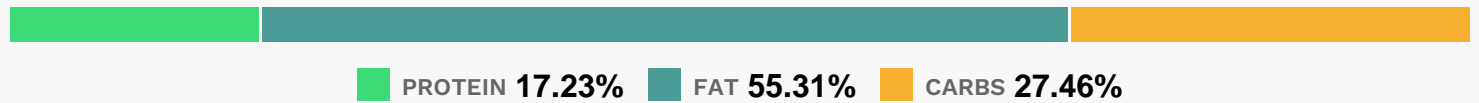
### Equipment

- frying pan

## Directions

- Heat a large skillet over medium–low heat.
- Spread margarine over one side of a tortilla, and place it margarine–side down in the skillet. Spoon a tablespoon of pizza sauce onto half of the tortilla.
- Sprinkle 1/2 cup of shredded cheese over the sauce, and top with a few slices of pepperoni. Fold the clean half of the tortilla over the filling, and cook until golden on each side. Repeat with remaining tortillas.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:11.34, Inflammation Score:-6, Nutrition Score:16.109565423883%

## Nutrients (% of daily need)

Calories: 525.97kcal (26.3%), Fat: 32.2g (49.54%), Saturated Fat: 15.97g (99.83%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 33.3g (12.11%), Sugar: 3.43g (3.81%), Cholesterol: 64.21mg (21.4%), Sodium: 1184.94mg (51.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.14%), Calcium: 531.06mg (53.11%), Phosphorus: 423.28mg (42.33%), Selenium: 28.03µg (40.05%), Vitamin B2: 0.47mg (27.42%), Vitamin B1: 0.4mg (26.87%), Manganese: 0.45mg (22.64%), Vitamin B3: 4.01mg (20.03%), Folate: 78.13µg (19.53%), Iron: 3.28mg (18.25%), Zinc: 2.45mg (16.34%), Vitamin A: 627.51IU (12.55%), Vitamin B12: 0.66µg (10.97%), Fiber: 2.68g (10.72%), Magnesium: 35.66mg (8.92%), Vitamin B6: 0.15mg (7.64%), Vitamin K: 7.71µg (7.34%), Potassium: 219.21mg (6.26%), Copper: 0.12mg (6.07%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.52µg (3.5%), Vitamin C: 1.08mg (1.31%)