



Grilled Ratatouille Wraps

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup caesar dressing light (such as Ken's Steak House)
- 8 ounce cream cheese fat-free
- 1 small eggplant cut lengthwise into 1/2-inch slices
- 1 ounce feta cheese with basil and tomatoes crumbled reduced-fat
- 14 ounce harvest wheat flatbread sheets (such as Flatout)
- 2 teaspoons ginger/garlic paste (such as Amore)
- 2 large bell peppers red

- 1 large onion red cut into 1/2-inch slices
- 0.3 teaspoon salt
- 2 small zucchini cut lengthwise into 1/2-inch slices

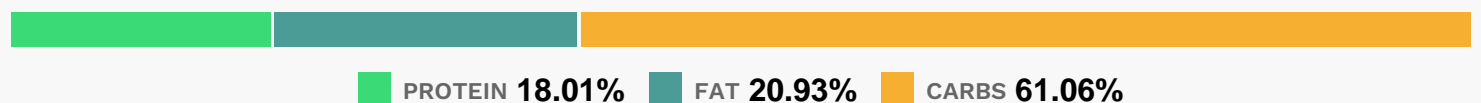
Equipment

- bowl
- grill
- ziploc bags

Directions

- Combine first 4 ingredients in a bowl; stir well. Set aside.
- Prepare grill.
- Cut bell peppers in half lengthwise; discard seeds and membranes. Flatten bell peppers with hand. Coat bell pepper halves, onion, eggplant, and zucchini with cooking spray.
- Place bell pepper halves, skin sides down; onion; eggplant; and zucchini slices on a grill rack. Cover and grill 5 minutes. Turn onion, eggplant, and zucchini slices over (do not turn bell pepper halves); cover and grill 5 minutes or until onion, eggplant, and zucchini are tender.
- Remove onion, eggplant, and zucchini from grill. Grill bell pepper an additional 5 minutes or until blackened.
- Place bell pepper halves in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel bell peppers, and coarsely chop all vegetables.
- Combine chopped vegetables, Caesar dressing, and salt in a large bowl; toss gently.
- Spread about 3 tablespoons cream cheese mixture over each flatbread. Spoon 1 cup vegetable mixture onto 1 short end of each flatbread; roll up wraps.
- Cut each wrap in half crosswise, and secure with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:26.3, Glycemic Load:21.81, Inflammation Score:-8, Nutrition Score:11.625652076434%

Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 200.88kcal (10.04%), Fat: 4.73g (7.27%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 27.61g (10.04%), Sugar: 5.57g (6.19%), Cholesterol: 6.53mg (2.18%), Sodium: 531.22mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.31%), Vitamin C: 48.36mg (58.62%), Vitamin A: 1099.3IU (21.99%), Manganese: 0.42mg (20.96%), Phosphorus: 191.52mg (19.15%), Fiber: 3.42g (13.69%), Calcium: 131.35mg (13.13%), Folate: 50.54µg (12.63%), Vitamin B1: 0.17mg (11.26%), Vitamin B6: 0.22mg (11.22%), Potassium: 368.81mg (10.54%), Vitamin K: 10.58µg (10.08%), Vitamin B2: 0.17mg (10.02%), Vitamin B3: 1.65mg (8.25%), Magnesium: 31.46mg (7.86%), Copper: 0.14mg (6.93%), Vitamin B5: 0.65mg (6.54%), Vitamin E: 0.97mg (6.47%), Zinc: 0.94mg (6.28%), Iron: 1.04mg (5.79%), Vitamin B12: 0.22µg (3.62%), Selenium: 1.62µg (2.32%)