



Grilled Veggie and Hummus Wraps

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings avocado-butter lettuce salad
- ☐ 12 ounce eggplant cut into 1/2-inch-thick slices
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 8 ounce water plain
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 1 bell pepper red seeded quartered

- ☐ 2 inch onion red
- ☐ 7.6 ounce whole-grain flatbreads light (such as Flatout)

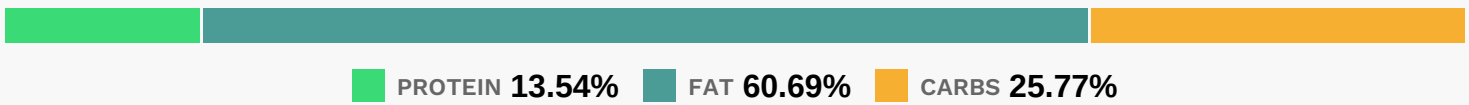
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a large grill pan over medium-high heat.
- ☐ Brush onion, bell pepper, and eggplant with 1 tablespoon oil.
- ☐ Add onion and bell pepper to pan; cook 3 minutes on each side or until grill marks appear.
- ☐ Remove from pan.
- ☐ Add eggplant to pan; cook 3 minutes on each side or until grill marks appear.
- ☐ Remove from pan; coarsely chop vegetables.
- ☐ Combine vegetables, remaining 1 tablespoon oil, parsley, and salt; toss to combine.
- ☐ Spread 1/4 cup hummus over each flatbread, leaving a 1/2-inch border around edges. Divide vegetables over each flatbread; top each serving with 2 tablespoons cheese.
- ☐ Roll up wraps, and cut diagonally in half.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:18.283478363701%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.56mg, Myricetin:

0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 236.67kcal (11.83%), Fat: 16.75g (25.77%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 9.27g (3.37%), Sugar: 4.35g (4.83%), Cholesterol: 16.69mg (5.56%), Sodium: 506.54mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin K: 71.51µg (68.11%), Vitamin C: 45.07mg (54.63%), Manganese: 0.68mg (34.19%), Vitamin A: 1396.21IU (27.92%), Fiber: 6.73g (26.94%), Folate: 92.13µg (23.03%), Phosphorus: 194mg (19.4%), Copper: 0.38mg (19.25%), Vitamin B6: 0.36mg (17.83%), Magnesium: 61.43mg (15.36%), Vitamin B2: 0.26mg (15.05%), Calcium: 129.65mg (12.97%), Vitamin B1: 0.18mg (12.3%), Zinc: 1.83mg (12.22%), Potassium: 423.53mg (12.1%), Vitamin E: 1.8mg (11.98%), Iron: 2.12mg (11.76%), Vitamin B3: 1.41mg (7.07%), Selenium: 4.59µg (6.55%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.32µg (5.28%)