



Ham and Pineapple Slaw Wraps

READY IN



30 min.

SERVINGS



6

CALORIES



451 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons caraway seeds
- ☐ 2 carrots cut into thin strips
- ☐ 12 ounces finely-chopped ham fully cooked cut into thin strips
- ☐ 10 dates pitted roughly chopped
- ☐ 12 large flour tortilla
- ☐ 1 teaspoon kosher salt
- ☐ 1 head napa cabbage thinly sliced
- ☐ 0.5 pineapple cut into thin strips

- ☐ 1 cup cream sour
- ☐ 0.3 cup citrus champagne vinegar

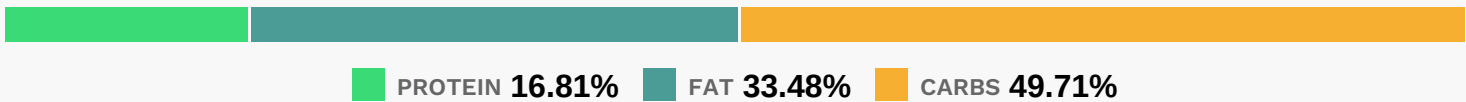
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the pineapple, carrots, dates, ham, and cabbage. In a separate bowl, whisk together the sour cream, vinegar, caraway seeds, salt, and pepper.
- ☐ Pour the dressing over the slaw; toss. Divide the slaw among the tortillas and roll into wraps.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:20.24, Inflammation Score:-10, Nutrition Score:33.485217395036%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 451.25kcal (22.56%), Fat: 17.14g (26.36%), Saturated Fat: 6.67g (41.72%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 50.52g (18.37%), Sugar: 21.44g (23.82%), Cholesterol: 64.01mg (21.34%), Sodium: 1525.38mg (66.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.73%), Vitamin C: 91.54mg (110.96%), Vitamin A: 4160.49IU (83.21%), Manganese: 1.4mg (69.79%), Vitamin K: 72.91µg (69.44%), Vitamin B1: 0.75mg (50.11%), Folate: 198.64µg (49.66%), Selenium: 27.46µg (39.22%), Phosphorus: 386.89mg (38.69%), Vitamin B6: 0.68mg (33.93%), Vitamin B3: 6.05mg (30.26%), Vitamin B2: 0.49mg (28.81%), Calcium: 272.08mg (27.21%), Fiber: 6.73g (26.93%), Potassium: 877.12mg (25.06%), Iron: 3.71mg (20.64%), Magnesium: 67.22mg (16.8%), Copper: 0.31mg (15.63%), Zinc: 2.27mg (15.12%), Vitamin B12: 0.88µg (14.67%), Vitamin B5: 1.17mg (11.66%), Vitamin E: 0.5mg (3.32%)