



Herb-Marinated Fresh Mozzarella Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound asparagus chilled steamed
- 4 8-inch flour tortilla fat-free ()
- 2 tablespoons basil fresh chopped
- 1 tablespoon chives fresh chopped
- 0.3 pound ham thinly sliced
- 2 tablespoons kalamata olives pitted chopped
- 3 ounces mozzarella fresh diced
- 1 teaspoon olive oil
- 1 tablespoon oregano fresh chopped

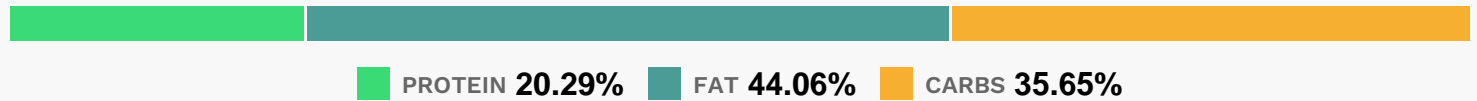
Equipment

bowl

Directions

- Combine the first 6 ingredients in a medium bowl. Cover and chill 2 hours.
- Arrange 1 ounce of ham and 4 asparagus spears on each tortilla. Spoon about 1/3 cup cheese mixture over the asparagus, and roll up.
- Note: These wraps may be assembled up to 4 hours in advance, though the tortillas will begin to absorb moisture if prepared too far in advance. Pepper ham is available in the deli section of most supermarkets. If you are unable to find it, substitute regular ham, and add 1/4 teaspoon freshly ground black pepper to the cheese as it marinates.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:14.053478432738%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 312.81kcal (15.64%), Fat: 15.29g (23.53%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.76g (9%), Sugar: 2.73g (3.04%), Cholesterol: 34.37mg (11.46%), Sodium: 908.54mg (39.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.69%), Vitamin B1: 0.48mg (31.85%), Selenium: 22.18µg (31.68%), Vitamin K: 30.13µg (28.7%), Phosphorus: 258.74mg (25.87%), Calcium: 215.13mg (21.51%), Vitamin B3: 3.9mg (19.5%), Manganese: 0.38mg (19.19%), Vitamin B2: 0.32mg (18.54%), Iron: 3.33mg (18.48%), Folate: 69.57µg (17.39%), Fiber: 3.08g (12.31%), Zinc: 1.75mg (11.66%), Vitamin B12: 0.67µg (11.1%), Vitamin A: 480.43IU (9.61%), Vitamin B6: 0.19mg (9.42%), Copper: 0.15mg (7.51%), Magnesium: 29.6mg (7.4%), Potassium: 240.86mg (6.88%), Vitamin E: 1mg (6.65%), Vitamin B5: 0.34mg (3.38%), Vitamin C: 2.23mg (2.71%), Vitamin D: 0.28µg (1.89%)