



HEALTH SCORE

54%

Hot Provençale Wrap

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce cannellini beans beans white drained canned
- ☐ 0.5 pound eggplant
- ☐ 1 cup fennel bulb thinly sliced (1 bulb)
- ☐ 6 8-inch flour tortillas fat-free ()
- ☐ 0.5 cup parsley leaves fresh
- ☐ 2 garlic cloves
- ☐ 2 teaspoons herbs de provence dried

- ☐ 2 tablespoons juice of lemon
- ☐ 6 leaf lettuce leaves
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 1 tablespoon pinenuts
- ☐ 2 ounces provolone cheese shredded
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.8 cup bottled roasted bell peppers red sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tahini (sesame-seed paste)
- ☐ 0.5 pound baby squash yellow
- ☐ 0.5 pound zucchini

Equipment

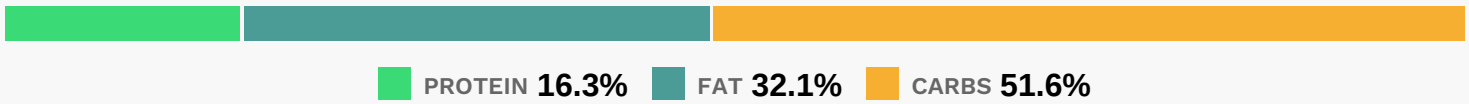
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare the roasted vegetables, combine first 8 ingredients in a large zip-top plastic bag; seal and marinate 20 minutes.
- ☐ Remove vegetable mixture from bag; discard marinade.
- ☐ Place vegetable mixture on a jelly-roll pan coated with cooking spray. Broil 12 minutes or until tender, stirring occasionally; set aside.

- ☐
- Preheat oven to 35
- ☐
- To prepare pesto, place parsley and next 9 ingredients (parsley through garlic) in a food processor, and process until smooth, scraping sides of processor bowl occasionally.
- ☐
- To prepare wrap, warm tortillas according to package directions.
- ☐
- Spread 1/4 cup pesto over each tortilla. Divide lettuce leaves, roasted vegetables, bell peppers, and cheese evenly among tortillas; roll up. Wrap each tortilla in foil; bake at 350 for 8 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:13.03, Inflammation Score:-8, Nutrition Score:26.152173938959%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 382.61kcal (19.13%), Fat: 13.97g (21.5%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 41.86g (15.22%), Sugar: 6.12g (6.8%), Cholesterol: 8.13mg (2.71%), Sodium: 936.91mg (40.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.92%), Vitamin K: 115.01µg (109.53%), Manganese: 1.15mg (57.46%), Vitamin C: 33.63mg (40.77%), Folate: 149.56µg (37.39%), Fiber: 8.67g (34.7%), Phosphorus: 341.82mg (34.18%), Iron: 5.94mg (32.99%), Vitamin B1: 0.48mg (32.26%), Calcium: 284.62mg (28.46%), Potassium: 873.48mg (24.96%), Selenium: 16.82µg (24.02%), Copper: 0.46mg (22.87%), Magnesium: 90.42mg (22.6%), Vitamin B2: 0.34mg (20.18%), Vitamin A: 954.85IU (19.1%), Vitamin B3: 3.62mg (18.08%), Vitamin B6: 0.34mg (17.15%), Zinc: 2.28mg (15.21%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.17µg (2.77%)