



Hummus and Artichoke Wrap

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



398 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

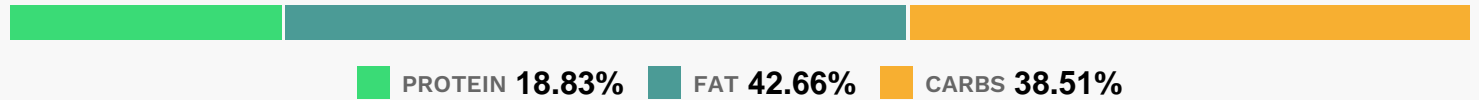
- 3 tablespoons water
- 3 marinated artichoke hearts cut into small pieces
- 1 roasted bell pepper red cut into small pieces
- 0.3 cup mozzarella cheese fat-free shredded
- 1 cup spinach leaves fresh
- 1 large sandwich wrap whole-wheat

Equipment

Directions

- Spread hummus onto sandwich wrap. Arrange artichoke hearts and red bell pepper pieces atop the hummus. Scatter mozzarella cheese over artichokes and bell pepper; top with spinach.
- Roll the sandwich wrap around the ingredients to serve.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:24.121739060982%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 397.95kcal (19.9%), Fat: 18.93g (29.13%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 28.68g (10.43%), Sugar: 3.88g (4.31%), Cholesterol: 5.09mg (1.7%), Sodium: 1675.63mg (72.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Vitamin K: 145.35µg (138.43%), Vitamin A: 4443.98IU (88.88%), Vitamin C: 52.72mg (63.91%), Calcium: 439.89mg (43.99%), Fiber: 9.78g (39.1%), Manganese: 0.65mg (32.65%), Phosphorus: 281.34mg (28.13%), Folate: 101.81µg (25.45%), Iron: 4.25mg (23.63%), Magnesium: 66.91mg (16.73%), Copper: 0.32mg (15.9%), Zinc: 2.1mg (14.01%), Vitamin B6: 0.23mg (11.55%), Vitamin B2: 0.18mg (10.55%), Potassium: 347.13mg (9.92%), Selenium: 6.84µg (9.77%), Vitamin B1: 0.11mg (7.59%), Vitamin B12: 0.26µg (4.33%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.7mg (3.5%)