



Kale-and-Cannellini Wrapinis

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 19 ounce cannellini beans beans white canned
- ☐ 1 cup carrots diced
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon rubbed sage dried
- ☐ 4 8-inch flour tortillas fat-free
- ☐ 1 garlic clove minced
- ☐ 1.3 pounds kale chopped

- ☐ 1 ounce romano cheese fresh finely grated
- ☐ 0.3 teaspoon salt
- ☐ 12 cups water

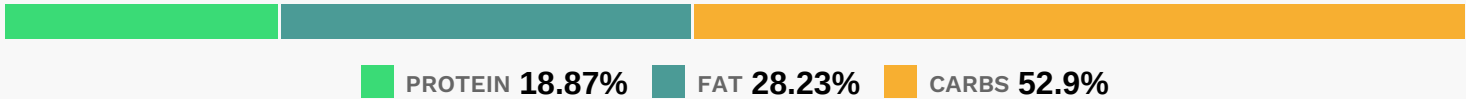
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan. Crumble bacon, and set aside. Bring the water to a boil in a large stockpot; add kale. Cook 6 minutes or until tender; drain and set aside.
- ☐ Drain the beans in a colander over a bowl, reserving 1/3 cup liquid.
- ☐ Heat the drippings in pan over medium-high heat.
- ☐ Add red pepper and garlic, and saut 3 minutes.
- ☐ Add the crumbled bacon, reserved bean liquid, carrots, sage, and salt; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until carrots are crisp-tender. Uncover and cook 3 minutes or until liquid almost evaporates. Stir in kale; cook 2 minutes.
- ☐ Warm the tortillas according to the package directions. Spoon 1 cup kale mixture onto each tortilla; top each serving with 1 tablespoon cheese, and roll up.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:16.11, Inflammation Score:-10, Nutrition Score:42.487826303295%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 33.45mg, Isorhamnetin: 33.45mg, Isorhamnetin: 33.45mg Kaempferol: 66.42mg, Kaempferol: 66.42mg, Kaempferol: 66.42mg, Kaempferol: 66.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 32.09mg, Quercetin: 32.09mg, Quercetin: 32.09mg, Quercetin: 32.09mg

Nutrients (% of daily need)

Calories: 471.14kcal (23.56%), Fat: 15.19g (23.37%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 64.05g (21.35%), Net Carbohydrates: 48.9g (17.78%), Sugar: 5.03g (5.59%), Cholesterol: 18.26mg (6.09%), Sodium: 862.74mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Vitamin K: 565.74µg (538.8%), Vitamin A: 19691.82IU (393.84%), Vitamin C: 134.53mg (163.06%), Manganese: 1.95mg (97.54%), Calcium: 644.4mg (64.44%), Fiber: 15.16g (60.62%), Folate: 230.16µg (57.54%), Iron: 8.47mg (47.06%), Vitamin B2: 0.75mg (44.07%), Vitamin B1: 0.62mg (41.21%), Phosphorus: 397.06mg (39.71%), Potassium: 1322.61mg (37.79%), Magnesium: 143.54mg (35.89%), Copper: 0.59mg (29.26%), Selenium: 19.39µg (27.7%), Vitamin B3: 5.13mg (25.64%), Vitamin B6: 0.45mg (22.7%), Zinc: 2.89mg (19.26%), Vitamin E: 2.49mg (16.61%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.16µg (2.7%)