



Mediterranean Rollups

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce chickpeas drained canned
- ☐ 6 ounces feta cheese crumbled
- ☐ 4 8-inch flour tortillas
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 6 garlic cloves
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon paprika

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup tahini
- ☐ 3 medium tomatoes

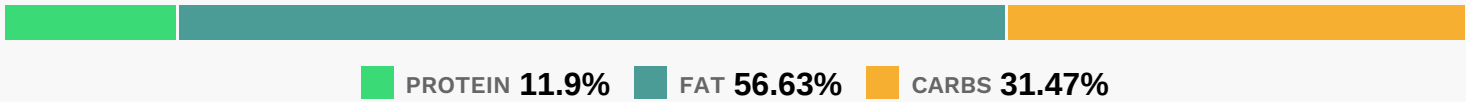
Equipment

- ☐ food processor
- ☐ sieve

Directions

- ☐ Seed and dice tomatoes; sprinkle with 1 teaspoon salt.
- ☐ Let stand 1 hour in a wire-mesh strainer.
- ☐ Process chickpeas and next 5 ingredients in a food processor until smooth.
- ☐ Spread mixture evenly over tortillas.
- ☐ Sprinkle with tomato, feta, and next 3 ingredients; roll up. Chill 30 minutes.
- ☐ Cut each roll diagonally into 1-inch slices.

Nutrition Facts



Properties

Glycemic Index:13.52, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:6.89999999515388%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 161.46kcal (8.07%), Fat: 10.42g (16.03%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10.77g (3.91%), Sugar: 1.19g (1.32%), Cholesterol: 9.46mg (3.15%), Sodium: 442.2mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Manganese: 0.36mg (17.98%), Phosphorus: 122.61mg (12.26%), Vitamin B6: 0.23mg (11.41%), Vitamin B1: 0.16mg (10.77%), Calcium: 92.81mg (9.28%), Selenium: 6.46µg (9.23%), Fiber: 2.26g (9.03%), Vitamin B2: 0.14mg (8.4%), Folate: 31.14µg (7.79%), Copper: 0.14mg (7.06%), Iron: 1.2mg (6.68%), Vitamin C: 5.37mg (6.51%), Vitamin A: 286.35IU (5.73%), Vitamin K: 5.79µg (5.51%), Vitamin B3: 1.08mg (5.4%), Vitamin E: 0.81mg (5.39%), Zinc: 0.81mg (5.37%), Magnesium: 19.75mg (4.94%), Potassium: 148.84mg (4.25%), Vitamin B12: 0.18µg (2.99%), Vitamin B5: 0.24mg (2.44%)