



Mediterranean Tuna Wrap



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 1 teaspoon herbs de provence
- ☐ 1 teaspoon olive oil
- ☐ 7 ounce roasted-garlic hummus
- ☐ 1 roasted bell pepper red cut into strips
- ☐ 12 ounce tuna fillets
- ☐ 4 8-inch wraps ()

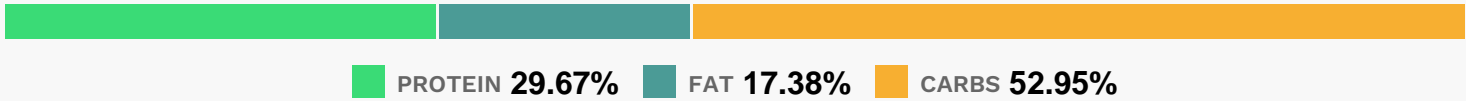
Equipment

- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Brush both sides of tuna with olive oil; sprinkle with seasoning. Saut or grill over medium-high heat 5 to 7 minutes or until desired degree of doneness. (Fish can also be baked or broiled.)
- ☐ Let stand 5 minutes, and slice.
- ☐ Spread one-fourth of the hummus evenly over each tortilla.
- ☐ Place spinach on hummus. Arrange roasted bell pepper and tuna evenly over spinach.
- ☐ Roll wrap, and serve immediately. If serving later, wrap in plastic wrap and chill.
- ☐ Note: Look at color first when shopping for tuna. Steaks range from pink to deep red, depending on the species. Never purchase tan or brown tuna. A darker band running along large loin pieces is perfectly normal but may have a strong taste. You can substitute many kinds of seafood--or even chicken--for tuna in this sandwich. For a healthy boost, try grilled salmon.
- ☐ Wine note: The newly released Beaulieu Vineyard Coastal Estates Pinot Grigio offers delicate floral aromas with peach and melon notes. This lighter white wine pairs well with the ahi, hummus, and bell pepper flavors. Or try Beaulieu's Sauvignon Blanc, a natural match with the lean, clean taste of the tuna. It also complements the creamy yogurt and aromatic mint in the side dishes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:12.61, Inflammation Score:-8, Nutrition Score:26.121304325435%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 319.45kcal (15.97%), Fat: 6.2g (9.54%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 39.28g (14.28%), Sugar: 2.42g (2.69%), Cholesterol: 30.62mg (10.21%), Sodium: 702.77mg (30.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Selenium: 76.19µg (108.85%), Manganese: 1.2mg (59.97%), Vitamin B3: 11.16mg (55.78%), Vitamin B6: 0.95mg (47.49%), Vitamin K: 45.8µg (43.62%), Vitamin B12: 2.19µg (36.43%), Phosphorus: 303.51mg (30.35%), Vitamin C: 22.01mg (26.68%), Iron: 4.71mg (26.15%), Vitamin B1: 0.39mg (26.05%), Calcium: 195.52mg (19.55%), Folate: 69.55µg (17.39%), Vitamin B2: 0.29mg (16.83%), Vitamin A: 813.82IU (16.28%), Potassium: 469.78mg (13.42%), Copper: 0.27mg (13.31%), Fiber: 3.2g (12.78%), Magnesium: 50.68mg (12.67%), Zinc: 1.48mg (9.86%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.51mg (5.14%), Vitamin E: 0.64mg (4.24%)