



Mediterranean Wrap

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 small avocado sliced
- 0.8 cup baby spinach fresh chopped
- 2 tablespoons olives black sliced
- 0.3 cup feta cheese crumbled
- 1 tablespoons basil fresh chopped
- 0.3 cup tomatoes chopped
- 19-inch tomato-basil wrap ()
- 1 tablespoon wine vinaigrette

Equipment

Directions

- Spread cream cheese over 1 side of wrap. Top with chopped spinach and remaining ingredients.
- Roll up wrap tightly.
- Cut diagonally in half.
- Note: For testing purposes only, we used Brianna's Blush Wine Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:222, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:24.750434631887%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 344.29kcal (17.21%), Fat: 28.21g (43.4%), Saturated Fat: 9.17g (57.31%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 6.1g (2.22%), Sugar: 1.99g (2.21%), Cholesterol: 44.5mg (14.83%), Sodium: 853.96mg (37.13%), Alcohol: 1.56g (100%), Alcohol %: 0.81% (100%), Protein: 10.39g (20.78%), Vitamin K: 142.15µg (135.38%), Vitamin A: 2949.08IU (58.98%), Folate: 148.63µg (37.16%), Vitamin B2: 0.61mg (35.78%), Fiber: 8.26g (33.06%), Calcium: 299.76mg (29.98%), Vitamin B6: 0.56mg (28.01%), Vitamin C: 21.84mg (26.47%), Phosphorus: 245.49mg (24.55%), Vitamin E: 3.45mg (23.03%), Manganese: 0.44mg (22.13%), Potassium: 759.73mg (21.71%), Vitamin B5: 1.94mg (19.41%), Magnesium: 65.21mg (16.3%), Zinc: 2.31mg (15.39%), Copper: 0.29mg (14.31%), Vitamin B12: 0.85µg (14.08%), Vitamin B3: 2.71mg (13.55%), Vitamin B1: 0.18mg (12.03%), Selenium: 8.31µg (11.87%), Iron: 1.82mg (10.13%), Vitamin D: 0.2µg (1.33%)