



## Melting chilli bean wraps

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 410 g chili beans sauce mixed canned tinned
- ☐ 1 handful cherry tomatoes halved
- ☐ 4 wrap
- ☐ 2 handfuls cheddar cheese grated
- ☐ 2 servings guacamole

## Equipment

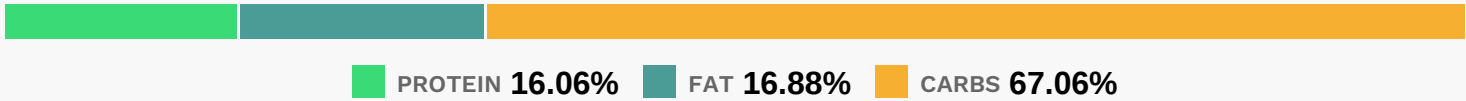
- ☐ frying pan
- ☐ baking sheet

☐ grill

## Directions

- ☐ Heat grill to high. Empty beans into a pan, stir in tomatoes and cook over a medium heat for 5 mins. Divide the bean mix between tortillas, sprinkle over a small handful cheese, then roll up the wraps. Put onto a baking sheet, scatter over another handful of cheese, then grill for 2–3 mins until the cheese is golden and bubbling.
- ☐ Serve with the guacamole on the side.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:9.38, Inflammation Score:-7, Nutrition Score:20.220869651631%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 394.83kcal (19.74%), Fat: 7.37g (11.34%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 54.85g (19.95%), Sugar: 13.93g (15.47%), Cholesterol: 1mg (0.33%), Sodium: 1938.56mg (84.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.55%), Phosphorus: 454.83mg (45.48%), Fiber: 11.04g (44.15%), Iron: 6.25mg (34.73%), Vitamin B6: 0.62mg (31.08%), Potassium: 1084.33mg (30.98%), Copper: 0.61mg (30.46%), Zinc: 4.51mg (30.09%), Folate: 115.56µg (28.89%), Vitamin B2: 0.49mg (28.86%), Magnesium: 109.36mg (27.34%), Vitamin B1: 0.4mg (26.54%), Selenium: 16.52µg (23.6%), Vitamin B3: 3.61mg (18.03%), Manganese: 0.34mg (16.85%), Calcium: 162.44mg (16.24%), Vitamin C: 12.08mg (14.64%), Vitamin K: 6.42µg (6.11%), Vitamin E: 0.67mg (4.45%), Vitamin A: 218.23IU (4.36%), Vitamin B5: 0.16mg (1.64%)