



Mexican veggie wraps

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 0.5 butternut squash peeled cut into large wedges
- ☐ 1 chilli red deseeded chopped
- ☐ 1 tbsp cajun seasoning mix
- ☐ 1 tbsp oil
- ☐ 400 g refried bean canned
- ☐ 2 tomatoes chopped
- ☐ 4 tbsp yogurt
- ☐ 1 lime zest

- ☐ 50 g rocket
- ☐ 8 flour tortillas

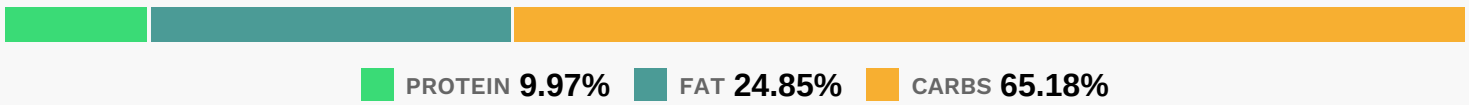
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a roasting tray, toss the squash with the chilli, spices, oil and seasoning, then roast for 25 mins until tender. Gently heat the refried beans with the chopped tomatoes until warmed through.
- ☐ Mix the yogurt with lime zest and juice.
- ☐ Warm wraps according to pack instructions and spread with a thin layer of beans. Top with squash, some rocket, and a dollop of lime yogurt.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:11.67, Inflammation Score:-10, Nutrition Score:26.241304599721%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 335.44kcal (16.77%), Fat: 9.64g (14.82%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 56.87g (18.96%), Net Carbohydrates: 45.82g (16.66%), Sugar: 9.95g (11.05%), Cholesterol: 2.6mg (0.87%), Sodium: 467.5mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.41%), Vitamin A: 11768.14IU (235.36%), Vitamin C: 71.34mg (86.48%), Fiber: 11.04g (44.18%), Manganese: 0.71mg (35.31%), Vitamin B1: 0.47mg (31.22%), Folate: 121.22µg (30.31%), Vitamin K: 29.71µg (28.3%), Potassium: 869.95mg (24.86%), Iron: 4.37mg (24.27%), Vitamin B3: 4.74mg (23.7%), Vitamin E: 3.43mg (22.86%), Phosphorus: 225.99mg (22.6%), Selenium: 15.26µg (21.8%), Calcium:

205.95mg (20.59%), Magnesium: 78.73mg (19.68%), Vitamin B6: 0.39mg (19.35%), Vitamin B2: 0.3mg (17.75%),
Copper: 0.26mg (13.15%), Vitamin B5: 0.9mg (8.97%), Zinc: 1.02mg (6.81%), Vitamin B12: 0.07µg (1.23%)