



WHATSheATe

Mushroom Wraps with Spinach, Bell Peppers and Goat Cheese



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces baby spinach packed
- ☐ 6 flour tortilla
- ☐ 12 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups goat cheese fresh crumbled soft (such as Montrachet; 7 ounces)
- ☐ 12 tablespoons spring onion chopped
- ☐ 0.3 cup olive oil
- ☐ 2 large plum tomatoes seeded cut into thin strips

- ☐ 1.5 pounds portabello mushrooms stemmed thinly sliced
- ☐ 29 ounce stewed tomatoes mexican-style canned
- ☐ 2 cups bell pepper yellow sliced

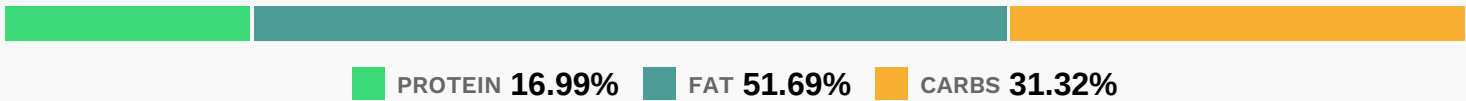
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add mushrooms and sauté until tender, about 10 minutes.
- ☐ Add canned tomatoes with juices. Cook until liquid thickens slightly, about 15 minutes. Season mushroom mixture with salt and pepper.
- ☐ Heat large skillet over high heat.
- ☐ Add 1 tortilla to skillet and cook until pliable, about 15 seconds per side.
- ☐ Place on work surface. Spoon 1/6 of mushroom mixture in strip on lower half, leaving 2-inch border at sides. Top with 1/4 cup cheese, 2 tablespoons onions, 2 tablespoons cilantro, 1/6 of peppers and tomatoes, then 1/2 cup spinach leaves. Fold in sides of tortilla over filling; fold up bottom and continue to roll up, enclosing filling. Repeat with remaining tortillas and filling.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:32.20391308743%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 406.17kcal (20.31%), Fat: 24.25g (37.3%), Saturated Fat: 10.53g (65.79%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 27.82g (10.12%), Sugar: 10.17g (11.3%), Cholesterol: 26.1mg (8.7%), Sodium: 758.36mg (32.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Vitamin C: 111.25mg (134.85%), Vitamin K: 109.3µg (104.1%), Vitamin A: 2596.18IU (51.92%), Copper: 1.02mg (51%), Selenium: 30.56µg (43.66%), Vitamin B3: 8.38mg (41.92%), Phosphorus: 385.6mg (38.56%), Vitamin B2: 0.55mg (32.33%), Folate: 125.3µg (31.33%), Manganese: 0.6mg (29.77%), Iron: 5.25mg (29.18%), Potassium: 1019.41mg (29.13%), Vitamin B6: 0.49mg (24.34%), Vitamin B1: 0.36mg (24.02%), Fiber: 5.24g (20.94%), Calcium: 204.07mg (20.41%), Vitamin E: 3.04mg (20.29%), Vitamin B5: 2.01mg (20.09%), Magnesium: 54.16mg (13.54%), Zinc: 1.76mg (11.74%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.16µg (2.74%)