



Nutty Mint Wrap

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup roasted natural almond butter
- ☐ 1 romain leaf
- ☐ 1 cup bean sprouts (I had mung)
- ☐ 7 oz tuna drained canned (vegans can omit)
- ☐ 0.3 cup pickled capers minced drained
- ☐ 1 carrots with a peeler julienned peeled
- ☐ 0.5 cup so delicious dairy free original cultured coconut milk unsweetened (Yogurt)
- ☐ 0.5 green onion julienned

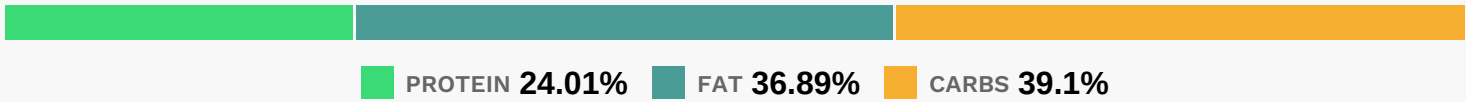
- ☐ 2 servings nutty mint spread
- ☐ 3 mint leaves
- ☐ 0.5 bell pepper green red sliced thin
- ☐ 4 servings tortilla wraps whole wheat

Equipment

Directions

- ☐ Stir spread ingredients together. Leftovers can be refrigerated for 3-4 days and used on anything you like.
- ☐ Spread 2 heaping tablespoons of spread on each tortilla and layer ½ of the vegetables and flake the tuna along the length on each end of the tortillas then tightly wrap them up.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:39.19478236074%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 29.03mg, Kaempferol: 29.03mg, Kaempferol: 29.03mg, Kaempferol: 29.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 38.87mg, Quercetin: 38.87mg, Quercetin: 38.87mg, Quercetin: 38.87mg

Nutrients (% of daily need)

Calories: 615.56kcal (30.78%), Fat: 26.02g (40.03%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 49.19g (17.89%), Sugar: 11.43g (12.7%), Cholesterol: 35.72mg (11.91%), Sodium: 1453.27mg (63.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.19%), Vitamin A: 5674.46IU (113.49%), Selenium: 70µg (100.01%), Vitamin B3: 13.81mg (69.03%), Vitamin E: 9.95mg (66.35%), Vitamin B12: 3.19µg (53.12%), Fiber: 12.87g (51.48%), Vitamin C: 39.15mg (47.46%), Manganese: 0.92mg (45.89%), Calcium: 409.65mg (40.96%), Vitamin B2: 0.62mg (36.61%), Iron: 6.47mg (35.94%), Phosphorus: 344.57mg (34.46%), Magnesium: 137.44mg (34.36%), Vitamin K: 35.18µg (33.5%), Vitamin B6: 0.65mg (32.63%), Copper: 0.62mg (31.17%), Folate: 89.79µg (22.45%), Potassium: 750.23mg (21.44%), Zinc: 2.26mg (15.07%), Vitamin D: 1.9µg (12.66%),

Vitamin B1: 0.17mg (11.17%), Vitamin B5: 0.57mg (5.73%)