



## Pepperoni Pizza Wrap

READY IN



10 min.

SERVINGS



1

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 medium high-fiber flour tortilla with 110 calories
- 1 Dash garlic powder
- 1 Dash onion powder
- 2 tablespoons pizza sauce
- 1 Dash penzey's southwest seasoning italian
- 1 teaspoon topping parmesan-style grated reduced-fat
- 0.3 cup spinach leaves chopped
- 0.3 cup stewed tomatoes dry canned roughly chopped
- 1 stick individual string cheese sticks light

- 6 pieces turkey pepperoni chopped

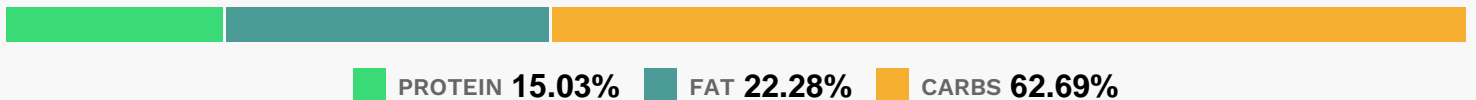
## Equipment

- food processor
- oven
- blender
- microwave
- toaster

## Directions

- Set toaster oven to highest setting.
- Break string cheese into thirds and put in a blender or food processor—blend at high speed until cheese takes on a shredded or grated consistency. (Or just tear string cheese into pieces and roughly chop.) Set aside.
- Place tortilla on a microwave-safe plate and microwave for 10 seconds, or until just warm. Evenly spread sauce onto the center of the tortilla, and sprinkle with a dash of each of the spices. Top with spinach, stewed tomatoes, Parm-style topping, chopped turkey pepperoni, and shredded/grated string cheese.
- Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom.
- Place wrap on a microwave-safe plate, seam side down, and warm in the microwave for 30 seconds.
- Transfer wrap to the toaster oven and cook until hot on the inside and slightly crisp on the outside, about 3 minutes. Dig in!

## Nutrition Facts



## Properties

Glycemic Index:121, Glycemic Load:5.25, Inflammation Score:-7, Nutrition Score:10.873913020705%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## **Nutrients (% of daily need)**

Calories: 158.38kcal (7.92%), Fat: 4.04g (6.21%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 22.52g (8.19%), Sugar: 6.28g (6.98%), Cholesterol: 7.97mg (2.66%), Sodium: 647.25mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin K: 47.14µg (44.89%), Vitamin A: 963.01IU (19.26%), Manganese: 0.37mg (18.37%), Iron: 3.07mg (17.04%), Vitamin B1: 0.2mg (13.45%), Folate: 52.13µg (13.03%), Fiber: 3.03g (12.11%), Vitamin C: 9.51mg (11.53%), Vitamin B3: 2.2mg (10.98%), Selenium: 7.65µg (10.93%), Potassium: 364.99mg (10.43%), Calcium: 101.67mg (10.17%), Phosphorus: 96.22mg (9.62%), Vitamin E: 1.43mg (9.53%), Copper: 0.19mg (9.44%), Vitamin B2: 0.15mg (8.9%), Magnesium: 33.41mg (8.35%), Zinc: 0.74mg (4.95%), Vitamin B6: 0.09mg (4.64%), Vitamin B5: 0.24mg (2.43%)