



Pesto Arugula Wraps

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



251 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 oz lightly arugula packed
- ☐ 2 sheets lahvosh flatbread
- ☐ 12 ounces mozzarella cheese fresh thinly sliced
- ☐ 1 cup pesto

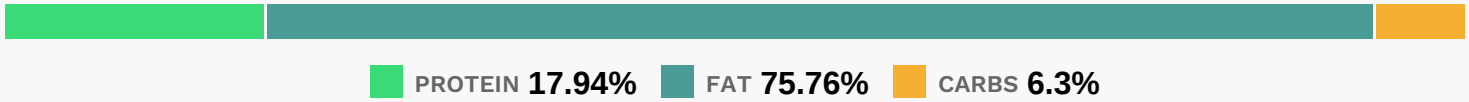
Equipment

- ☐ toothpicks

Directions

- ☐ Lay lahvosh on a work surface with longest sides parallel to surface edge and smooth, lighter sides up.
- ☐ Spread each with 1/2 cup pesto. On each sheet, place half of cheese slices on two-thirds of pesto, leaving 2 in. uncovered at top edge for sealing. Cover cheese with arugula. Starting with bottom edge, roll up each lahvosh and press to seal edge, securing with toothpicks if needed.
- ☐ Slice each roll into 1-in. pieces, remove toothpicks if used, and arrange on a platter. Makes about 32 pieces.
- ☐ *Substitute 4 flour tortillas (10 in. wide).

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:6.3952174769795%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 21.05g (32.38%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.65g (1.83%), Cholesterol: 36.07mg (12.02%), Sodium: 560.69mg (24.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.43%), Calcium: 281.88mg (28.19%), Vitamin A: 1164.7IU (23.29%), Vitamin B12: 0.97µg (16.16%), Phosphorus: 156.31mg (15.63%), Vitamin K: 12.57µg (11.97%), Selenium: 7.26µg (10.37%), Zinc: 1.29mg (8.63%), Vitamin B2: 0.13mg (7.63%), Magnesium: 13.57mg (3.39%), Folate: 13.35µg (3.34%), Iron: 0.53mg (2.92%), Fiber: 0.67g (2.69%), Manganese: 0.05mg (2.4%), Potassium: 71.85mg (2.05%), Vitamin C: 1.59mg (1.93%), Vitamin B1: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.18%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.07%)