



Pesto Tuna Wrap

READY IN



10 min.

SERVINGS



1

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz water-packed tuna flaked drained canned
- ☐ 2 tablespoons salad dressing
- ☐ 1 tablespoon basil pesto
- ☐ 1 teaspoon juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 1 10-inch flour tortilla ()
- ☐ 2 leaves lettuce
- ☐ 1 slice provolone cheese cut in half
- ☐ 5 kalamata olives cut in half

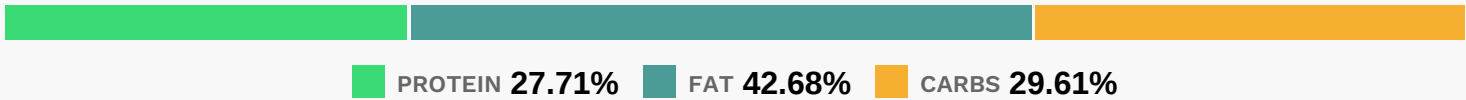
Equipment

☐ bowl

Directions

- ☐ In bowl, gently stir together tuna, mayonnaise, pesto, lemon juice and pepper until well mixed.
- ☐ Spread tuna mixture on tortilla; top with lettuce, cheese and olives. Fold bottom of tortilla up about 2 inches to enclose filling; roll tortilla tightly into compact wrap.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:11.16, Inflammation Score:-7, Nutrition Score:26.575217329937%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 566.68kcal (28.33%), Fat: 26.54g (40.83%), Saturated Fat: 7.81g (48.82%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 37.82g (13.75%), Sugar: 6.76g (7.51%), Cholesterol: 65.34mg (21.78%), Sodium: 1695.75mg (73.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.53%), Selenium: 115.24µg (164.63%), Vitamin B3: 17.3mg (86.48%), Vitamin B12: 3.92µg (65.34%), Phosphorus: 441.63mg (44.16%), Calcium: 313.83mg (31.38%), Iron: 5.36mg (29.77%), Vitamin B1: 0.42mg (27.74%), Vitamin B6: 0.54mg (27.13%), Vitamin K: 25.97µg (24.73%), Vitamin B2: 0.38mg (22.42%), Manganese: 0.44mg (21.79%), Folate: 79.65µg (19.91%), Magnesium: 58.77mg (14.69%), Fiber: 3.62g (14.48%), Vitamin A: 721.06IU (14.42%), Zinc: 1.98mg (13.18%), Vitamin E: 1.93mg (12.84%), Potassium: 426.15mg (12.18%), Vitamin D: 1.8µg (11.97%), Copper: 0.18mg (9.16%), Vitamin B5: 0.44mg (4.44%), Vitamin C: 2.49mg (3.02%)