



Ranch-Vegetable Wraps

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- 1 cup avocado chopped (1 small)
- 1 cup matchstick-cut carrots
- 0.5 cup cucumber seeded sliced
- 4 8-inch low-carbohydrate flour tortillas reduced-fat ()
- 2 ounces monterrey jack cheese shredded
- 0.5 cup radishes grated
- 0.3 cup ranch dressing light
- 1 cup tomatoes seeded chopped (1 medium)

Equipment

bowl

Directions

Combine first 6 ingredients in a large bowl.

Add dressing to vegetable mixture; toss gently to coat.

Warm tortillas according to package directions. Spoon 3/4 cup vegetable mixture down center of each tortilla; roll up.

Nutrition Facts



PROTEIN 9.23% **FAT 73.7%** **CARBS 17.07%**

Properties

Glycemic Index:38, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:13.671739161015%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 223.95kcal (11.2%), Fat: 18.94g (29.13%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 5.32g (1.93%), Sugar: 4.26g (4.73%), Cholesterol: 17.82mg (5.94%), Sodium: 307.35mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin A: 4907.43IU (98.15%), Vitamin K: 42.37µg (40.35%), Fiber: 4.55g (18.18%), Vitamin C: 12.36mg (14.99%), Phosphorus: 143.93mg (14.39%), Calcium: 137.19mg (13.72%), Folate: 53.91µg (13.48%), Potassium: 426.67mg (12.19%), Vitamin B6: 0.2mg (9.79%), Vitamin E: 1.46mg (9.75%), Vitamin B5: 0.94mg (9.36%), Manganese: 0.18mg (8.81%), Vitamin B2: 0.15mg (8.81%), Copper: 0.15mg (7.63%), Magnesium: 26.44mg (6.61%), Zinc: 0.89mg (5.91%), Vitamin B3: 1.12mg (5.59%), Iron: 0.86mg (4.76%), Selenium: 3.3µg (4.71%), Vitamin B1: 0.06mg (4.04%), Vitamin B12: 0.15µg (2.53%)