



HEALTH SCORE

100%

Ready-to-go wraps



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



38976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 wrap
- ☐ 8 small ham
- ☐ 2 roasted peppers roughly chopped fine (from a jar is)
- ☐ 1 handful cheddar cheese grated

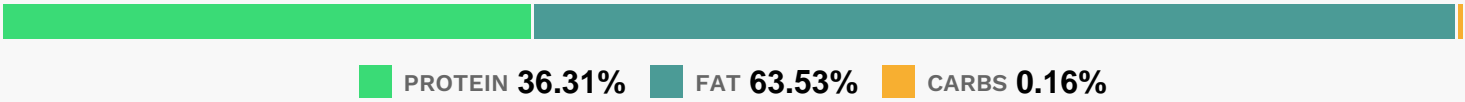
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Lay out the tortillas on a flat surface.
- ☐ Place 1-2 slices of ham in the middle of each one.
- ☐ Sprinkle over some chopped pepper and cheese, leaving a 2cm edge at one end. Starting at the other end, roll up as tightly as you can. Wrap each tortilla in kitchen foil and twist the ends to seal. Will keep in the fridge for up to 3 days.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Place the wraps in the oven (directly onto the oven rack is fine) and cook for 10-15 mins until the cheese starts to melt. Unwrap for the last 5 mins if you want the outside to be crisp. Peel off the foil before eating.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:79.110869583876%

Nutrients (% of daily need)

Calories: 38976.15kcal (1948.81%), Fat: 2685.74g (4131.9%), Saturated Fat: 957.73g (5985.83%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 14.28g (5.19%), Sugar: 1.11g (1.24%), Cholesterol: 9920.25mg (3306.75%), Sodium: 190395.7mg (8278.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3453.87g (6907.73%), Vitamin B1: 96.32mg (6421.04%), Selenium: 3638.82µg (5198.31%), Vitamin B3: 715.19mg (3575.94%), Phosphorus: 34306.64mg (3430.66%), Vitamin B6: 60.85mg (3042.54%), Zinc: 371.4mg (2476.01%), Vitamin B2: 35.45mg (2085.37%), Vitamin B12: 102.4µg (1706.71%), Potassium: 45824.7mg (1309.28%), Iron: 140.44mg (780.21%), Magnesium: 3048.7mg (762.18%), Vitamin D: 112µg (746.68%), Vitamin B5: 73.18mg (731.77%), Copper: 13.34mg (666.77%), Vitamin E: 57.6mg (384.01%), Folate: 511.21µg (127.8%), Manganese: 2.42mg (120.89%), Calcium: 1173.15mg (117.32%), Vitamin C: 8.6mg (10.43%), Fiber: 1.27g (5.09%), Vitamin K: 2.17µg (2.06%), Vitamin A: 98.71IU (1.97%)