



Roasted pepper & halloumi wraps

READY IN



10 min.

SERVINGS



2

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 2 slices halloumi cheese thick
- ☐ 0.5 tsp oregano dried
- ☐ 1 tbsp olive oil
- ☐ 2 wholewheat pita breads (they look like circular pitta bread)
- ☐ 2 roasted peppers red
- ☐ 6 slices eggplant
- ☐ 1 handful kalamata olives
- ☐ 4 lemon wedges
- ☐ 1 handful parsley good

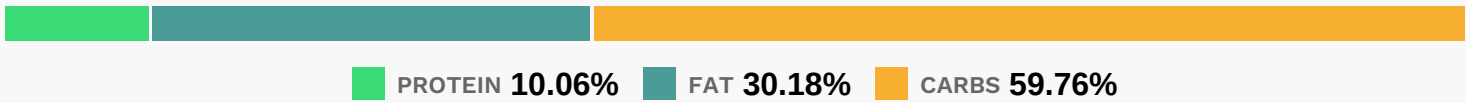
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle both sides of the halloumi with the oregano.
- ☐ Heat the oil in a non stick frying pan, then briefly fry the halloumi on both sides until golden. Meanwhile, heat the flat breads over a naked gas flame for a few seconds on each side to warm them. (Alternatively you can do this in a large frying pan.)
- ☐ Halve the peppers (removing any stray seeds) and thickly slice, then add to the pan with the aubergine and olives.
- ☐ Heat through, squeeze over two of the lemon wedges and season well. To serve, divide the mixture and the parsley sprigs between the wraps, and top each with a lemon wedge for squeezing over.

Nutrition Facts



Properties

Glycemic Index:94.75, Glycemic Load:30.77, Inflammation Score:-7, Nutrition Score:13.827826085298%

Flavonoids

Delphinidin: 107.97mg, Delphinidin: 107.97mg, Delphinidin: 107.97mg, Delphinidin: 107.97mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 284.04kcal (14.2%), Fat: 9.93g (15.28%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 37.18g (13.52%), Sugar: 5.44g (6.05%), Cholesterol: 0mg (0%), Sodium: 979.3mg (42.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Vitamin C: 41.73mg (50.58%), Vitamin K: 44.36µg (42.25%), Manganese: 0.66mg (32.87%), Fiber: 7.05g (28.21%), Vitamin B1: 0.23mg (15.13%), Folate: 55.45µg (13.86%), Copper: 0.28mg (13.77%), Potassium: 480.46mg (13.73%), Vitamin E: 1.92mg (12.79%), Vitamin B3: 2.33mg

(11.64%), Vitamin B6: 0.23mg (11.46%), Calcium: 109.25mg (10.92%), Iron: 1.96mg (10.91%), Magnesium: 42.47mg (10.62%), Phosphorus: 99.95mg (9.99%), Vitamin A: 444.73IU (8.89%), Vitamin B2: 0.12mg (7.31%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.8mg (5.32%), Selenium: 0.75µg (1.06%)