



## Roasted Vegetable Wrap

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

### Ingredients

- ☐ 3 cups asparagus sliced (1-inch) ( 1 pound)
- ☐ 15.5 ounce cannellini beans beans white undrained canned
- ☐ 3 ounces feta cheese crumbled
- ☐ 6 8-inch flour tortillas ( )
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1.3 cups onion red vertically sliced ( 1 small)
- ☐ 1 tablespoon red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sun-dried tomato sprinkles
- ☐ 4 cups baby squash yellow sliced ( 3 medium)

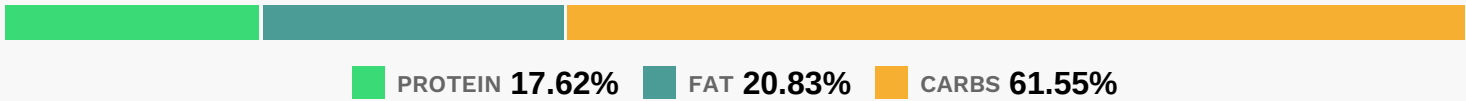
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wax paper
- ☐ colander

## Directions

- ☐ Preheat oven to 50
- ☐ Place first 3 ingredients on a jelly-roll pan coated with cooking spray. Lightly coat vegetables with cooking spray, and sprinkle with salt and pepper.
- ☐ Bake at 500 for 12 minutes.
- ☐ Drain vegetables in a colander to remove excess moisture; set aside.
- ☐ Drain beans, reserving 2 tablespoons liquid.
- ☐ Place beans, reserved 2 tablespoons liquid, and vinegar in a food processor; process until smooth. Stir in tomato sprinkles and oregano.
- ☐ Warm tortillas according to package directions.
- ☐ Spread about 1/4 cup bean mixture over each tortilla, leaving a 1/4- inch margin around edge of tortillas. Divide vegetables evenly down the center of each tortilla, and sprinkle evenly with feta cheese; roll up. Wrap bottom of rolled sandwiches in wax paper or parchment paper to secure.

## Nutrition Facts



## Properties

Glycemic Index:41.67, Glycemic Load:13.72, Inflammation Score:-8, Nutrition Score:22.433912862902%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.6mg, Isorhamnetin: 5.6mg, Isorhamnetin: 5.6mg, Isorhamnetin: 5.6mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 322.21kcal (16.11%), Fat: 7.65g (11.76%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 50.82g (16.94%), Net Carbohydrates: 42.38g (15.41%), Sugar: 7.16g (7.96%), Cholesterol: 12.62mg (4.21%), Sodium: 643.82mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Manganese: 0.97mg (48.39%), Folate: 165.06µg (41.27%), Vitamin K: 38.21µg (36.39%), Iron: 6.14mg (34.1%), Vitamin B1: 0.51mg (33.75%), Fiber: 8.44g (33.75%), Vitamin B2: 0.51mg (30.05%), Phosphorus: 299.76mg (29.98%), Potassium: 851.02mg (24.31%), Vitamin C: 19.86mg (24.07%), Calcium: 238.44mg (23.84%), Selenium: 16.64µg (23.78%), Copper: 0.43mg (21.63%), Vitamin B6: 0.42mg (21.02%), Magnesium: 80.93mg (20.23%), Vitamin B3: 3.7mg (18.5%), Vitamin A: 735.57IU (14.71%), Zinc: 2.18mg (14.53%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.74mg (7.38%), Vitamin B12: 0.24µg (3.99%)