



## Roasted Vegetable Wrapped Sandwich

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.7 oz env. seasons cheese garlic dressing mix good
- 6 6-inch flour tortillas ()
- 6 slim cut mozzarella cheese kraft
- 2 Tbsp olive oil
- 6 cups cut-up vegetables fresh green yellow assorted (broccoli, carrots, peppers, onions, zucchini and squash)
- 2 Tbsp heinz red wine vinegar

## Equipment

- bowl
- baking sheet
- oven
- whisk
- broiler

## Directions

- Heat oven to 425F.
- Whisk dressing mix, vinegar and oil until blended.
- Pour over vegetables in large bowl; toss to evenly coat.
- Spread onto bottom of rimmed baking sheet.
- Bake 20 min. or until vegetables are tender, stirring occasionally.
- Heat broiler.
- Place tortillas in single layer on baking sheet; top with roasted vegetables and cheese.
- Broil 2 min. or until cheese is melted.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:3.03, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:3.4834782147537%

## Nutrients (% of daily need)

Calories: 44.9kcal (2.24%), Fat: 1.48g (2.27%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.49g (2%), Sugar: 0.19g (0.21%), Cholesterol: 0.29mg (0.1%), Sodium: 55.68mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin A: 1585.53IU (31.71%), Fiber: 1.44g (5.75%), Manganese: 0.1mg (5.1%), Vitamin B1: 0.06mg (4.27%), Vitamin C: 3.25mg (3.94%), Folate: 13.89µg (3.47%), Vitamin B3: 0.62mg (3.09%), Phosphorus: 29.68mg (2.97%), Iron: 0.51mg (2.82%), Vitamin B2: 0.04mg (2.44%), Magnesium: 8.69mg (2.17%), Potassium: 74.15mg (2.12%), Selenium: 1.3µg (1.86%), Copper: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.65%), Calcium: 16.32mg (1.63%), Zinc: 0.17mg (1.15%)