



Roasted Vegetable Wraps with Garlic Aioli



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 1 medium bell pepper cut into 3/4-inch pieces
- ☐ 1 medium onion red cut into 1/2-inch wedges
- ☐ 1 medium zucchini cut in half lengthwise, cut crosswise into 1/4-inch slices
- ☐ 4 oz mushrooms fresh whole cut into quarters
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon garlic powder chopped
- ☐ 6 10-inch flour tortilla (8 to)
- ☐ 1.5 cups lettuce shredded

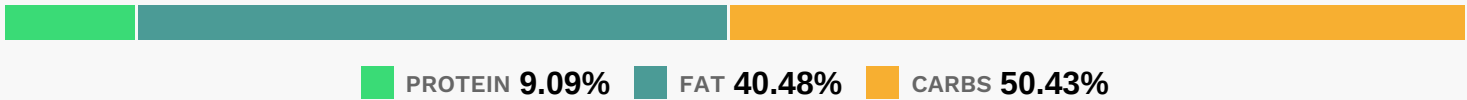
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. In ungreased 15x10x1-inch pan, spread bell pepper, onion, zucchini and mushrooms. In small bowl, mix oil, basil, salt and pepper; brush over vegetables.
- ☐ Bake uncovered 12 to 15 minutes or until crisp-tender. Cool slightly.
- ☐ Meanwhile, in another small bowl, mix mayonnaise ingredients.
- ☐ Spread about 2 teaspoons mayonnaise mixture down center of each tortilla to within 2 inches of bottom.
- ☐ Top each tortilla evenly with roasted vegetables, spreading to within 2 inches of bottom. Top each with 1/4 cup lettuce.
- ☐ Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:11.93, Inflammation Score:-8, Nutrition Score:15.767391220383%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 324.83kcal (16.24%), Fat: 14.75g (22.69%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 37.31g (13.57%), Sugar: 6.83g (7.59%), Cholesterol: 0mg (0%), Sodium: 716.96mg (31.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin C: 34.42mg (41.73%), Vitamin K: 42.32µg (40.3%), Vitamin B1: 0.41mg (27.57%), Selenium: 17.89µg (25.55%), Manganese: 0.51mg (25.45%), Folate: 96.2µg (24.05%), Vitamin B3: 4.19mg (20.96%), Vitamin B2: 0.33mg (19.58%), Phosphorus: 191.23mg (19.12%), Iron: 3.13mg (17.41%), Vitamin A: 837.8IU (16.76%), Fiber: 4.03g (16.12%), Calcium: 121.72mg (12.17%), Vitamin B6: 0.22mg (10.9%), Potassium: 348.06mg (9.94%), Copper: 0.17mg (8.68%), Vitamin E: 1.18mg (7.86%), Magnesium: 30.4mg (7.6%), Vitamin B5: 0.57mg (5.74%), Zinc: 0.72mg (4.78%)