



## Salmon & egg wraps with mustard mayo

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 slices salmon smoked
- 6 hardboiled eggs cooled shelled sliced
- 200 g baby spinach
- 12 large wrap
- 200 g mayonnaise light
- 6 tbsp dijon mustard
- 1 small onion red very finely sliced

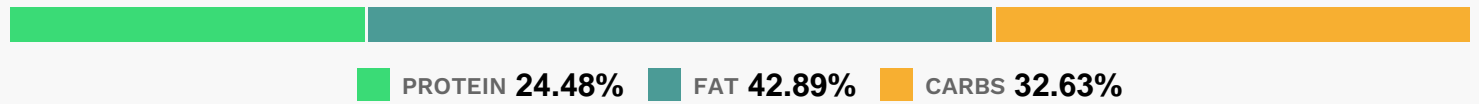
### Equipment

bowl

## Directions

- Mix the mayonnaise and mustard, divide into 2 small bowls, then stir the onion into one bowl.
- To assemble, spread a layer of the onion mayonnaise over each wrap and add 2 slices of smoked salmon, some sliced hard-boiled egg and a generous helping of spinach to each.
- Roll up tightly. The wraps can be made several hours ahead and kept covered in the fridge. To serve, cut each wrap on the diagonal into 2 pieces.
- Serve with the extra mustard mayo for drizzling.

## Nutrition Facts



## Properties

Glycemic Index:10.42, Glycemic Load:4.97, Inflammation Score:-8, Nutrition Score:19.071304487145%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

## Nutrients (% of daily need)

Calories: 229.09kcal (11.45%), Fat: 10.81g (16.62%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 16.6g (6.04%), Sugar: 2.55g (2.83%), Cholesterol: 105.12mg (35.04%), Sodium: 799.27mg (34.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.75%), Vitamin K: 91.87µg (87.5%), Vitamin D: 7.39µg (49.27%), Selenium: 30.55µg (43.64%), Vitamin A: 1744.81IU (34.9%), Vitamin B12: 1.58µg (26.36%), Phosphorus: 191.82mg (19.18%), Folate: 75.27µg (18.82%), Manganese: 0.36mg (17.76%), Vitamin B2: 0.29mg (17.19%), Vitamin B3: 3.4mg (17.03%), Vitamin B1: 0.21mg (13.95%), Iron: 2.34mg (13%), Vitamin B6: 0.21mg (10.41%), Vitamin E: 1.53mg (10.19%), Magnesium: 34.32mg (8.58%), Calcium: 85.03mg (8.5%), Copper: 0.16mg (8.02%), Vitamin B5: 0.8mg (8.01%), Fiber: 1.89g (7.58%), Potassium: 261.8mg (7.48%), Vitamin C: 5.39mg (6.54%), Zinc: 0.71mg (4.73%)