



Sante Fe BLT

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 4 8-inch flour tortillas ()
- 2 green onions sliced
- 1.5 cups lettuce shredded
- 2 Tbsp juice of lime fresh
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp jalapeño peppers fresh chopped
- 8 slices oscar mayer center cut bacon cooked drained

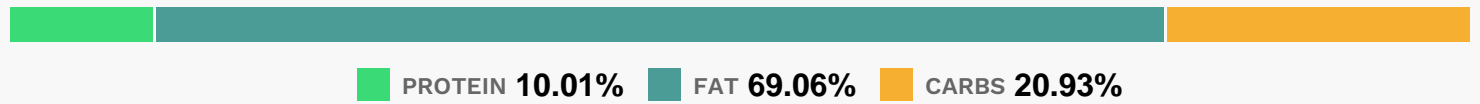
1 medium tomatoes chopped

Equipment

Directions

- Mix tomatoes, onions, peppers, cilantro and lime juice; set aside.
- Spread mayo evenly onto tortillas. Top each tortilla with 1/4 of the lettuce, 2 bacon slices and 2 Tbsp. of the tomato mixture; roll up.
- Serve topped with the remaining tomato mixture.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:2.29, Inflammation Score:-2, Nutrition Score:3.9360869475033%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 150.82kcal (7.54%), Fat: 11.53g (17.74%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.13g (2.59%), Sugar: 0.98g (1.09%), Cholesterol: 14.24mg (4.75%), Sodium: 252.39mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin K: 13.03µg (12.41%), Selenium: 7µg (10%), Vitamin B1: 0.13mg (8.66%), Vitamin B3: 1.45mg (7.24%), Phosphorus: 61mg (6.1%), Manganese: 0.09mg (4.63%), Folate: 17.67µg (4.42%), Vitamin C: 3.24mg (3.92%), Iron: 0.66mg (3.68%), Vitamin B6: 0.07mg (3.68%), Vitamin B2: 0.06mg (3.53%), Fiber: 0.73g (2.93%), Vitamin A: 139.12IU (2.78%), Potassium: 94.55mg (2.7%), Calcium: 24.82mg (2.48%), Zinc: 0.34mg (2.26%), Vitamin E: 0.28mg (1.88%), Magnesium: 7.36mg (1.84%), Vitamin B12: 0.1µg (1.67%), Copper: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.54%)