



Skinny Lemony Asparagus and Smoked Salmon Wraps

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces asparagus fresh
- 8 oz cream cheese light (Neufchâtel)
- 2 teaspoons lemon zest shredded finely
- 2 tablespoons juice of lemon
- 0.1 teaspoon ground pepper
- 8 ounces salmon smoked flaked
- 0.3 cup basil dried fresh snipped crushed

- 4 8-inch flour whole wheat
- 1 medium bell pepper sweet red cut into thin bite-size strips

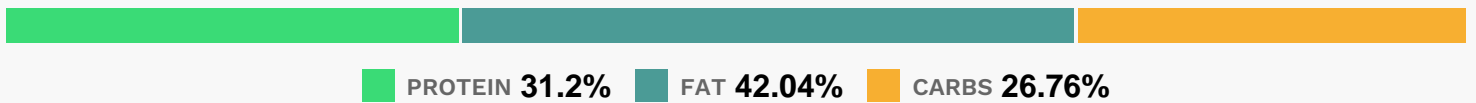
Equipment

- bowl
- paper towels
- sauce pan
- toothpicks

Directions

- Snap off and discard woody bases from fresh asparagus. In a covered large saucepan, cook asparagus spears in a small amount of lightly salted boiling water for 3 to 5 minutes or until crisp-tender.
- Drain and plunge into ice water to cool quickly.
- Drain again; pat dry with paper towels.
- In a medium bowl, stir together cream cheese, lemon peel, lemon juice, and cayenne pepper. Fold in flaked salmon and basil.
- Spread on tortillas. Arrange asparagus and sweet pepper strips atop salmon mixture.
- Roll up tortillas. If necessary, secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:36.743478028671%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

8.02mg

Nutrients (% of daily need)

Calories: 239.55kcal (11.98%), Fat: 11.94g (18.37%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 9.45g (3.44%), Sugar: 6.11g (6.79%), Cholesterol: 43.66mg (14.55%), Sodium: 661.81mg (28.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.87%), Vitamin K: 279.31µg (266.01%), Iron: 15.25mg (84.74%), Manganese: 1.63mg (81.54%), Vitamin D: 9.87µg (65.77%), Vitamin C: 45.61mg (55.29%), Calcium: 439.29mg (43.93%), Vitamin B12: 2.37µg (39.5%), Vitamin A: 1859.48IU (37.19%), Magnesium: 133.45mg (33.36%), Selenium: 23.05µg (32.93%), Fiber: 7.64g (30.57%), Copper: 0.58mg (28.89%), Vitamin B6: 0.53mg (26.51%), Vitamin B2: 0.45mg (26.41%), Phosphorus: 261.38mg (26.14%), Folate: 103.05µg (25.76%), Vitamin E: 3.65mg (24.34%), Potassium: 819.68mg (23.42%), Vitamin B3: 4.38mg (21.92%), Vitamin B5: 1.37mg (13.65%), Zinc: 1.96mg (13.09%), Vitamin B1: 0.15mg (10.15%)