Southwest BLT Wrap

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	292 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 18 bacon cooked chopped
- [ ] 6 8-inch flour tortillas ()
- [ ] 0.3 cup regular corn frozen thawed
- [ ] 0.5 head iceberg lettuce chopped
- [ ] 6 servings avocado-lime sauce
- [ ] 0.5 cup salsa

Equipment

Directions

- [ ] Stir together salsa and corn. Set aside.
- [ ] Top 1 side of each tortilla evenly with bacon, lettuce, and corn salsa.
- [ ] Drizzle with Avocado-Lime Sauce.
- [ ] Roll up, and, if desired, secure with wooden picks.

Nutrition Facts

PROTEIN **18.28%** FAT **38.99%** CARBS **42.73%**

Properties

Glycemic Index:16.33, Glycemic Load:8.39, Inflammation Score:-5, Nutrition Score:12.007391250652%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 292.04kcal (14.6%), Fat: 12.69g (19.52%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 28.12g (10.23%), Sugar: 3.72g (4.13%), Cholesterol: 23.76mg (7.92%), Sodium: 925.78mg (40.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Selenium: 23.88µg (34.12%), Vitamin B1: 0.43mg (28.56%), Vitamin B3: 5.24mg (26.2%), Phosphorus: 223.33mg (22.33%), Manganese: 0.35mg (17.64%), Folate: 66.06µg (16.51%), Vitamin K: 15.45µg (14.71%), Iron: 2.46mg (13.66%), Vitamin B2: 0.23mg (13.36%), Fiber: 3.17g (12.67%), Vitamin B6: 0.23mg (11.75%), Potassium: 336.83mg (9.62%), Calcium: 93.93mg (9.39%), Zinc: 1.19mg (7.92%), Magnesium: 28.41mg (7.1%), Vitamin A: 342.23IU (6.84%), Copper: 0.11mg (5.64%), Vitamin C: 4.37mg (5.29%), Vitamin B5: 0.48mg (4.78%), Vitamin B12: 0.26µg (4.36%), Vitamin E: 0.46mg (3.08%)