



Spaghetti and Meatball Wraps

READY IN



35 min.

SERVINGS



5

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups water hot
- 15 meatballs frozen thawed cooked (from 26-oz bag)
- 1 box hawaiian rolls
- 2 tablespoons parmesan cheese grated
- 11 oz flour tortilla warmed for burritos (8 count)
- 1 serving parmesan shredded
- 1 serving olives ripe sliced
- 1 serving pepper red crushed
- 1 serving basil fresh chopped

1 serving tomatoes chopped

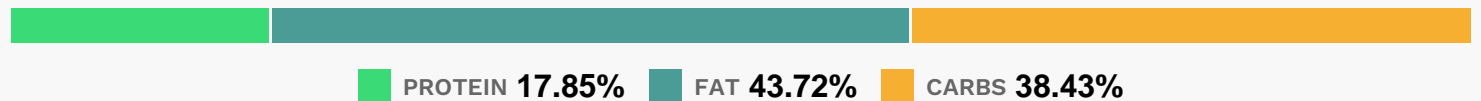
Equipment

frying pan

Directions

- In 10-inch skillet, mix hot water, meatballs, sauce mix and uncooked pasta (from Hamburger Helper box).
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer 12 minutes, stirring occasionally.
- Remove from heat; uncover. Stir in grated Parmesan cheese.
- Let stand 10 minutes (sauce will thicken as it stands).
- To assemble wraps, spoon about 3/4 cup filling on each tortilla. Fold bottom third of tortilla partially over filling. Fold in sides, and roll up.
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:46.2, Glycemic Load:10.22, Inflammation Score:-6, Nutrition Score:13.906956414814%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 347.31kcal (17.37%), Fat: 16.74g (25.76%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 30.22g (10.99%), Sugar: 3.38g (3.75%), Cholesterol: 36.06mg (12.02%), Sodium: 691.35mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.77%), Vitamin B1: 0.64mg (42.69%), Selenium: 26.46µg (37.8%), Phosphorus: 266.73mg (26.67%), Vitamin B3: 4.88mg (24.39%), Calcium: 197.2mg (19.72%), Manganese: 0.37mg (18.44%), Vitamin B2: 0.31mg (18.42%), Folate: 67.36µg (16.84%), Iron: 2.9mg (16.1%),

Vitamin B6: 0.24mg (12.19%), Fiber: 2.9g (11.58%), Zinc: 1.6mg (10.68%), Vitamin A: 522.4IU (10.45%), Vitamin K: 9.62µg (9.16%), Potassium: 303.93mg (8.68%), Magnesium: 31.52mg (7.88%), Copper: 0.14mg (6.86%), Vitamin B12: 0.39µg (6.56%), Vitamin C: 5.3mg (6.43%), Vitamin B5: 0.45mg (4.54%), Vitamin E: 0.53mg (3.51%)