



Spaghetti and Meatball Wraps

READY IN



35 min.

SERVINGS



5

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 8-inch flour tortilla warmed for burritos (
- ☐ 5 servings basil fresh chopped
- ☐ 15 meatballs frozen thawed cooked (from 26-oz bag)
- ☐ 5 servings olives ripe sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 5 servings parmesan shredded
- ☐ 5 servings pepper red crushed
- ☐ 1 box pasta like spaghetti
- ☐ 5 servings tomatoes chopped

☐ 2.5 cups water hot

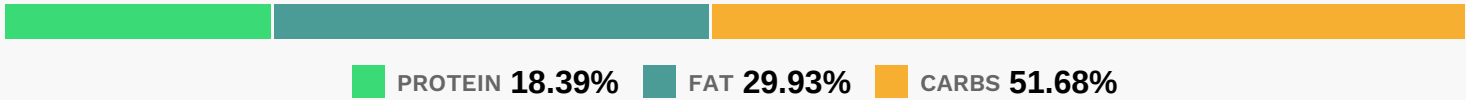
Equipment

☐ 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:42.2, Glycemic Load:37.09, Inflammation Score:-9, Nutrition Score:32.903478016024%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 793.94kcal (39.7%), Fat: 26.36g (40.56%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 102.43g (34.14%), Net Carbohydrates: 94.21g (34.26%), Sugar: 9.53g (10.59%), Cholesterol: 52.38mg (17.46%), Sodium: 1279.67mg (55.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.89%), Selenium: 86.63µg (123.76%), Manganese: 1.35mg (67.57%), Phosphorus: 620.66mg (62.07%), Calcium: 514.21mg (51.42%), Vitamin A: 2531.04IU (50.62%), Vitamin B1: 0.73mg (48.91%), Vitamin B3: 7.06mg (35.28%), Fiber: 8.21g (32.85%), Vitamin C:

25.33mg (30.7%), Vitamin K: 29.22µg (27.83%), Vitamin B6: 0.54mg (27.14%), Magnesium: 108.24mg (27.06%),
Vitamin B2: 0.46mg (27%), Copper: 0.52mg (25.96%), Iron: 4.64mg (25.77%), Potassium: 896.17mg (25.6%), Zinc:
3.8mg (25.35%), Folate: 97.98µg (24.5%), Vitamin E: 2.69mg (17.92%), Vitamin B12: 0.68µg (11.35%), Vitamin B5:
1.08mg (10.81%), Vitamin D: 0.16µg (1.07%)