



Spicy Peanut, Carrot, and Snap Pea Wraps



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarsely carrots shredded
- ☐ 1 teaspoon asian chili paste
- ☐ 0.3 cup natural crunchy peanut butter
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 1 cup snap peas diagonally sliced
- ☐ 2 tortillas whole-wheat (9 in.)

Equipment

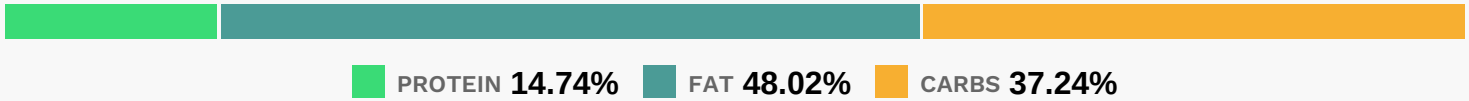
- ☐ bowl

- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ In a small bowl, whisk peanut butter, chili paste, soy sauce, and 2 tbsp. water to blend. Evenly divide mixture between tortillas and spread in a rectangle down the middle of each, leaving a small border. Evenly top rectangles with carrots and snap peas, then roll-up burrito-style.
- ☐ Make ahead: Up to 4 hours, wrapped in plastic or foil.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:21.748695663784%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 335.73kcal (16.79%), Fat: 18.79g (28.9%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 26.01g (9.46%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 712.16mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.95%), Vitamin A: 11229.44IU (224.59%), Manganese: 0.97mg (48.69%), Vitamin C: 33.58mg (40.7%), Vitamin B3: 6.8mg (33.99%), Fiber: 6.76g (27.06%), Folate: 94.38µg (23.59%), Phosphorus: 227.63mg (22.76%), Vitamin K: 23.05µg (21.95%), Magnesium: 83.46mg (20.86%), Vitamin B1: 0.31mg (20.42%), Vitamin E: 2.68mg (17.9%), Potassium: 617.97mg (17.66%), Iron: 3.04mg (16.89%), Vitamin B6: 0.34mg (16.8%), Copper: 0.29mg (14.61%), Selenium: 9.81µg (14.01%), Vitamin B2: 0.22mg (12.8%), Calcium: 103.4mg (10.34%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.41mg (9.41%)