



Spinach, Blue Cheese, Pecan, and Cranberry Wraps

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

Ingredients

- 4 cups baby spinach leaves
- 4 ounce cheese blue crumbled
- 8 ounce spreadable cream cheese light
- 8 8-inch flour tortillas fat-free 98% ()
- 0.3 teaspoon garlic powder
- 1 apples i use 2 granny smith apples thinly sliced
- 2 tablespoons nonfat buttermilk

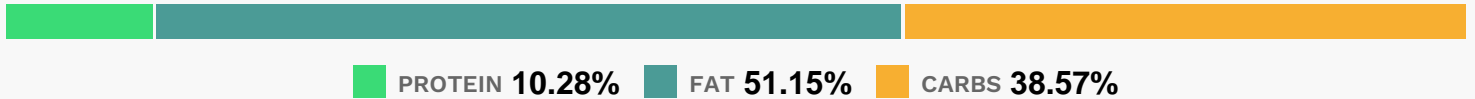
- 0.3 teaspoon onion powder
- 0.5 cup pecans toasted chopped
- 0.5 cup cranberries dried sweetened

Equipment

Directions

- Stir together first 4 ingredients until blended; stir in blue cheese, pecans, and cranberries.
- Spread about 1/3 cup cream cheese mixture evenly over each tortilla.
- Layer evenly with apple slices and spinach.
- Roll up, and secure with wooden picks.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:9.4, Inflammation Score:-8, Nutrition Score:16.483478410088%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 388.62kcal (19.43%), Fat: 22.53g (34.66%), Saturated Fat: 10.27g (64.2%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 34.55g (12.56%), Sugar: 11.39g (12.66%), Cholesterol: 39.34mg (13.11%), Sodium: 643.35mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin K: 78.35µg (74.62%), Vitamin A: 1911.19IU (38.22%), Manganese: 0.7mg (34.95%), Selenium: 16.33µg (23.33%), Phosphorus: 218.44mg (21.84%), Folate: 86.82µg (21.71%), Vitamin B1: 0.33mg (21.68%), Calcium: 198.82mg (19.88%), Vitamin B2: 0.31mg (18.1%), Fiber: 3.67g (14.7%), Iron: 2.55mg (14.19%), Vitamin B3: 2.67mg (13.34%), Magnesium: 37.95mg

(9.49%), Copper: 0.17mg (8.47%), Potassium: 276.32mg (7.89%), Zinc: 1.17mg (7.81%), Vitamin C: 5.4mg (6.55%),
Vitamin B6: 0.13mg (6.3%), Vitamin B5: 0.58mg (5.85%), Vitamin E: 0.87mg (5.81%), Vitamin B12: 0.24µg (3.92%)