



Spinach & tomato tortillas



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 onion chopped
- ☐ 1 bell pepper red yellow seeded chopped
- ☐ 200 g canned tomatoes chopped canned
- ☐ 85 g jicama mixed canned rinsed drained
- ☐ 1 pinch chili powder good
- ☐ 3 handfuls pkt spinach fresh generous
- ☐ 4 flour tortilla

Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a frying pan, add the onion and pepper and cook gently for a few minutes until they are soft.
- ☐ Tip in the tomatoes and mixed beans, then add the chilli powder.
- ☐ Heat until the sauce is bubbling, then lower the heat and simmer gently for 10 minutes. Now add the spinach to the tomato and bean mixture and cook until the leaves have wilted this will only take a minute or so.
- ☐ Remove the pan from the heat. Check the seasoning you shouldnt need salt, though you might want to add a little pepper, and more chilli powder if you like things hot.
- ☐ Lay the tortillas on a work top, spoon in the filling, then fold them into triangles.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:13.75, Inflammation Score:-10, Nutrition Score:32.210434747779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg

Nutrients (% of daily need)

Calories: 299.6kcal (14.98%), Fat: 7.78g (11.97%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 41.79g (15.2%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 616.29mg (26.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Vitamin K: 231.64µg (220.61%), Vitamin C: 110.66mg (134.13%), Vitamin A: 6322.44IU (126.45%), Manganese: 1.05mg (52.35%), Folate: 199.63µg (49.91%), Fiber: 9.27g (37.1%), Vitamin B1: 0.48mg (31.86%), Iron: 5.35mg (29.69%), Vitamin B6: 0.53mg (26.56%), Potassium: 889.69mg (25.42%), Vitamin B3: 4.94mg (24.68%), Vitamin E: 3.65mg (24.35%), Vitamin B2: 0.38mg (22.62%), Phosphorus:

216.87mg (21.69%), Magnesium: 86.56mg (21.64%), Selenium: 15.07µg (21.53%), Calcium: 188.25mg (18.83%),
Copper: 0.36mg (17.82%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.72mg (7.2%)