



## Squash & ricotta wraps with coriander salsa

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 baby squash peeled cut into thin slices
- ☐ 1 tsp cumin
- ☐ 3 tbsp vegetable oil
- ☐ 1 to 2 chilies slit green deseeded finely chopped
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 lime zest
- ☐ 4 tortillas soft
- ☐ 100 g ricotta cheese

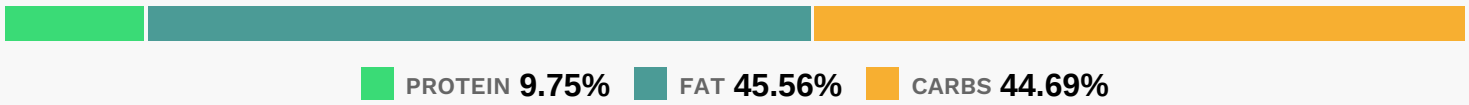
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Toss together the squash, cumin and 2 tbsp oil in a bowl and season well. Cook on a hot griddle for 3–5 mins on each side until lightly charred and soft.
- ☐ Mix together the chilli, coriander, lime zest and a squeeze of juice with the remaining tbsp oil to make a salsa. Toast the tortillas on the griddle for 30 secs on each side. Fold them in half, then halve again to make a pocket.
- ☐ Place some squash slices inside and dollop over some ricotta.
- ☐ Drizzle with the salsa and serve straight away.

# Nutrition Facts



# Properties

Glycemic Index:48, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:23.19608704681%

# Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

# Nutrients (% of daily need)

Calories: 637.93kcal (31.9%), Fat: 33.5g (51.55%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 73.94g (24.65%), Net Carbohydrates: 62.22g (22.63%), Sugar: 9.7g (10.78%), Cholesterol: 25.5mg (8.5%), Sodium: 699.93mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Vitamin A: 20318.16IU (406.36%), Vitamin C: 52.44mg (63.56%), Fiber: 11.72g (46.87%), Vitamin K: 46.58µg (44.36%), Calcium: 378.75mg (37.88%), Vitamin E: 4.58mg (30.54%), Iron: 4.61mg (25.64%), Potassium: 774.97mg (22.14%), Manganese: 0.43mg (21.31%), Magnesium: 75.44mg (18.86%), Vitamin B6: 0.33mg (16.6%), Phosphorus: 152.85mg (15.29%), Folate: 60.65µg (15.16%), Vitamin B1: 0.21mg (14.11%), Vitamin B3: 2.44mg (12.18%), Selenium: 8.39µg (11.99%), Vitamin B5: 0.94mg (9.41%), Copper: 0.18mg (9.02%), Vitamin B2: 0.15mg (8.72%), Zinc: 0.96mg (6.37%), Vitamin B12: 0.17µg (2.83%)