



## Swiss Chard Wraps

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

### Ingredients

- 6 large swiss chard dried rinsed
- 1 small head cranberry-orange relish
- 1.5 Tbs olive oil
- 3 cloves garlic minced pressed
- 1 pinch salt
- 1 sprig basil fresh finely chopped
- 1 sprig basil fresh finely chopped
- 1 medium zucchini (courgette)

- 1 large bell pepper red thinly sliced
- 1 medium avocado sliced
- 3 Tbs peanuts asian style your favorite (or sauce)

## Equipment

- food processor
- frying pan
- peeler

## Directions

- Chop off the stems of the swiss chard at the point where it meets the leaf. You could stem the swiss chard entirely. I like leaving a bit of stem with the leaves to give better structure to the wraps.
- Chop the cauliflower into small pieces and pulse them in a food processor until it looks like rice. I usually pulse the cauliflower florets and the stalk together.
- Place the olive oil in a saut pan over medium-high heat. Once the pan is hot, add the garlic and let it fry for about a minute or two, or until the garlic starts to brown.
- Add the pulsed cauliflower rice and cook it for about 2-3 minutes. The cauliflower should turn into a vibrant yellow-orange color when it is cooked.
- Add a pinch of salt and chopped basil to the cauliflower and stir.
- Spiralize the zucchini with Blade B to create zucchini noodles. If you do not have a spiralizer, just create zucchini ribbons with a vegetable peeler.
- To assemble the wraps, place a large leaf flat down.
- Add a bit of sauted cauliflower, zucchini noodles, red pepper, and avocado along the swiss chard stalk.
- Drizzle a bit of vinaigrette on top of the vegetables and wrap everything up.
- Enjoy these wraps as a side to your favorite protein! Feel free to dip these wraps in more sauce.
- These wraps are best consumed when they are freshly made. Refrigerate any leftovers in an airtight container.

## Nutrition Facts

PROTEIN 9.68% FAT 67.26% CARBS 23.06%

## Properties

Glycemic Index:57.63, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:19.404347826087%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Taste

Sweetness: 38.14%, Saltiness: 94.41%, Sourness: 21.2%, Bitterness: 30.13%, Savoriness: 42.2%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 137.29kcal (6.86%), Fat: 11.2g (17.23%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 116.2mg (5.05%), Protein: 3.63g (7.25%), Vitamin K: 413.08µg (393.41%), Vitamin A: 3941.41IU (78.83%), Vitamin C: 59.26mg (71.83%), Manganese: 0.48mg (23.82%), Fiber: 4.43g (17.74%), Vitamin E: 2.58mg (17.22%), Magnesium: 67.97mg (16.99%), Folate: 66.82µg (16.7%), Potassium: 532.85mg (15.22%), Vitamin B6: 0.3mg (15.18%), Copper: 0.22mg (11.18%), Vitamin B3: 2mg (10.02%), Vitamin B2: 0.15mg (8.8%), Iron: 1.55mg (8.6%), Phosphorus: 81.11mg (8.11%), Vitamin B5: 0.8mg (8%), Vitamin B1: 0.11mg (7.22%), Zinc: 0.69mg (4.59%), Calcium: 44.94mg (4.49%), Selenium: 1.23µg (1.76%)