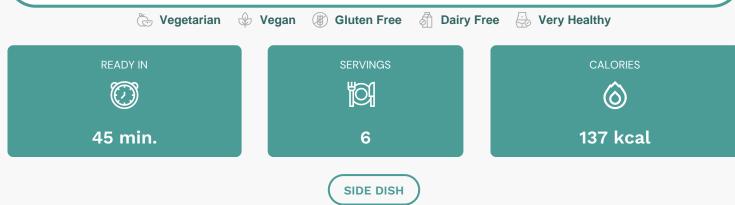


Swiss Chard Wraps



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

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 Epicatechin: 0.12mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin: 0.05mg, Hesperetin: 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, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Myricetin: 1.51mg, Myriceti

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: Omg (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%)