



Tempeh Greek Salad Wraps



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup cherry tomatoes sliced
- ☐ 0.7 cup cucumber english sliced
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons seasoning dried italian divided
- ☐ 3 tablespoons juice of lemon divided

- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup the of 1 cos lettuce shredded
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce tempeh organic cut into 24 pieces
- ☐ 4 8-inch tortillas whole-wheat ()
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a 10-inch skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add tempeh; saut 4 minutes or until lightly browned, turning once.
- ☐ Add 1 cup water and 2 tablespoons juice to pan; reduce heat to medium, and simmer 10 minutes, turning once.
- ☐ Combine 2 tablespoons yogurt, 1/2 teaspoon Italian seasoning, and the next 4 ingredients (through garlic) in a small bowl.
- ☐ Combine 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 teaspoon Italian seasoning, spinach, and next 5 ingredients in a bowl.
- ☐ Warm tortillas according to the package directions.
- ☐ Spread 2 teaspoons yogurt mixture over each tortilla. Top each tortilla with 3/4 cup spinach mixture and 6 pieces tempeh; roll up.
- ☐ Cut each rolled tortilla in half crosswise.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:9, Inflammation Score:-9, Nutrition Score:23.986956759639%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 371.8kcal (18.59%), Fat: 19.12g (29.41%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 32.73g (11.9%), Sugar: 4.08g (4.53%), Cholesterol: 6.91mg (2.3%), Sodium: 633.22mg (27.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Vitamin K: 101.15µg (96.33%), Manganese: 1.26mg (62.78%), Vitamin A: 2742.19IU (54.84%), Phosphorus: 320.35mg (32.04%), Folate: 118.7µg (29.67%), Vitamin B2: 0.49mg (28.56%), Iron: 4.58mg (25.45%), Vitamin B1: 0.36mg (23.78%), Calcium: 232.61mg (23.26%), Copper: 0.45mg (22.36%), Vitamin B3: 4.21mg (21.03%), Magnesium: 82.39mg (20.6%), Vitamin C: 16.16mg (19.59%), Selenium: 13.32µg (19.02%), Potassium: 549.79mg (15.71%), Vitamin B6: 0.28mg (14.02%), Fiber: 3.16g (12.65%), Vitamin E: 1.72mg (11.45%), Zinc: 1.44mg (9.6%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.22µg (3.69%)