

Teriyaki Wraps

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons garlic powder
- 1 teaspoon ground pepper black
- 2 tablespoons olive oil
- 1 onion chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt
- 3 tablespoons soya sauce
- 1.3 cups teriyaki sauce

- 2 cups water
- 1 cup rice long grain white uncooked
- 4 10-inch tortillas whole wheat ()
- 1 small baby squash yellow chopped
- 1 small zucchini chopped

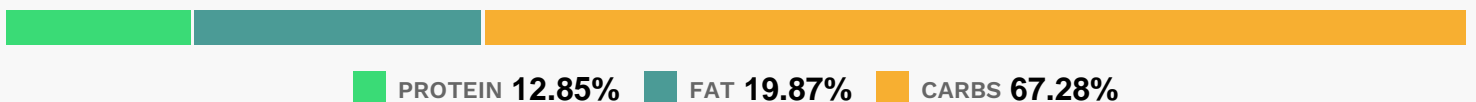
Equipment

- frying pan
- sauce pan

Directions

- In a saucepan bring 2 cups of water to a boil; add rice. Reduce heat, cover, and simmer for 20 minutes.
- Heat olive oil in a large skillet over medium heat.
- Saute onion, bell pepper, zucchini, and yellow squash until onions are tender. Stir in the teriyaki sauce. When the vegetables are tender, stir in the cooked rice, soy sauce, garlic powder, salt and pepper. Simmer for 3 to 5 minutes.
- Place 1/4 of the rice and vegetables in each tortilla, and roll up.

Nutrition Facts



Properties

Glycemic Index:54.8, Glycemic Load:23.71, Inflammation Score:-8, Nutrition Score:17.162173955337%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 555.88kcal (27.79%), Fat: 12.29g (18.91%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 93.66g (31.22%), Net Carbohydrates: 86.23g (31.36%), Sugar: 19.92g (22.14%), Cholesterol: 0mg (0%), Sodium: 4941.8mg (214.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.76%), Vitamin C: 50.43mg (61.13%), Manganese: 0.82mg (41.12%), Fiber: 7.43g (29.74%), Phosphorus: 254.47mg (25.45%), Iron: 4.47mg (24.86%), Magnesium: 91.71mg (22.93%), Vitamin B6: 0.45mg (22.55%), Vitamin A: 1052.76IU (21.06%), Calcium: 187.34mg (18.73%), Potassium: 566.18mg (16.18%), Vitamin B3: 3.03mg (15.17%), Copper: 0.29mg (14.51%), Selenium: 8.75µg (12.5%), Vitamin B2: 0.21mg (12.44%), Folate: 48.67µg (12.17%), Vitamin E: 1.62mg (10.8%), Vitamin B5: 0.95mg (9.52%), Vitamin B1: 0.13mg (8.7%), Vitamin K: 8.81µg (8.39%), Zinc: 1.02mg (6.78%)