



Texas Barbecue Wrap

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 0.8 cup rice uncooked
- ☐ 1 teaspoon chili powder
- ☐ 4 curly kale leaves
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 4 10-inch flour tortillas fat-free ()
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon ground turmeric
- ☐ 1 jalapeno minced seeded
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 12.3 ounce spicy tofu light drained sliced lengthwise into 1/4-inch pieces
- ☐ 1 inch tomatoes cut in half crosswise
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine the first 4 ingredients in a small bowl.
- ☐ Brush the barbecue sauce mixture over both sides of the tofu. Broil the tofu for 4 minutes on each side or until the tofu is bubbly.
- ☐ Heat olive oil in a medium saucepan over medium-high heat.
- ☐ Add chopped onion, ground turmeric, minced garlic, and jalapeo, and saut 1 minute.
- ☐ Add water and rice; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until rice is tender.
- ☐ Place 1 lettuce leaf on each tortilla. Divide the broiled tofu slices evenly among the tortillas. Top each with 3/4 cup rice mixture, 1/4 cup shredded cheese, 2 tablespoons yogurt, and 2 tomato slices, and roll up.
- ☐ Cut each tortilla diagonally in half.

Nutrition Facts



 **PROTEIN 17.07%**  **FAT 31.19%**  **CARBS 51.74%**

Properties

Glycemic Index:69.8, Glycemic Load:28.28, Inflammation Score:-10, Nutrition Score:20.119565419529%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 599.67kcal (29.98%), Fat: 20.66g (31.78%), Saturated Fat: 8.32g (52.03%), Carbohydrates: 77.11g (25.7%), Net Carbohydrates: 72.44g (26.34%), Sugar: 12.11g (13.45%), Cholesterol: 25.84mg (8.61%), Sodium: 916.41mg (39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Calcium: 521.5mg (52.15%), Manganese: 0.9mg (44.86%), Selenium: 26.81µg (38.29%), Phosphorus: 376.54mg (37.65%), Vitamin A: 1532.95IU (30.66%), Vitamin B1: 0.42mg (28.19%), Iron: 4.95mg (27.53%), Vitamin K: 28.57µg (27.21%), Vitamin B2: 0.43mg (25.48%), Folate: 87.16µg (21.79%), Vitamin B3: 4.05mg (20.26%), Fiber: 4.67g (18.67%), Zinc: 2.06mg (13.76%), Magnesium: 47.91mg (11.98%), Vitamin B6: 0.23mg (11.61%), Copper: 0.22mg (10.81%), Potassium: 358.86mg (10.25%), Vitamin C: 7.32mg (8.87%), Vitamin B5: 0.81mg (8.11%), Vitamin B12: 0.42µg (7.04%), Vitamin E: 0.97mg (6.45%), Vitamin D: 0.17µg (1.13%)