



The Grateful Veg

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



296 kcal

SIDE DISH

Ingredients

- 1 Tbsp lite balsamic vinaigrette dressing kraft
- 0.5 cup grilled cut-up vegetables mixed fresh red yellow (peppers, squash, mushrooms)
- 1 slim cut swiss cheese kraft
- 18-inch tortillas whole wheat ()

Equipment

Directions

- Combine vegetables and dressing.
- Top tortilla with cheese and vegetables; fold in half.

Nutrition Facts

PROTEIN 14.8% **FAT 41.44%** **CARBS 43.76%**

Properties

Glycemic Index:72, Glycemic Load:3.94, Inflammation Score:-10, Nutrition Score:11.759565173932%

Nutrients (% of daily need)

Calories: 295.65kcal (14.78%), Fat: 13.91g (21.4%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 26.74g (9.72%), Sugar: 2.28g (2.53%), Cholesterol: 15.81mg (5.27%), Sodium: 458.02mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin A: 4762.08IU (95.24%), Fiber: 6.3g (25.22%), Calcium: 246.66mg (24.67%), Phosphorus: 151.27mg (15.13%), Vitamin C: 9.46mg (11.47%), Manganese: 0.22mg (11.14%), Iron: 1.85mg (10.26%), Vitamin B12: 0.51µg (8.56%), Selenium: 5.48µg (7.83%), Zinc: 1.15mg (7.68%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.11mg (7.53%), Folate: 27.92µg (6.98%), Magnesium: 27.45mg (6.86%), Potassium: 204.99mg (5.86%), Vitamin B3: 1.15mg (5.75%), Vitamin B6: 0.1mg (4.96%), Copper: 0.09mg (4.63%), Vitamin B5: 0.22mg (2.21%)