



The Santa Fe Wrap

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup black beans canned rinsed drained
- ☐ 0.8 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 1.3 cups curly leaf lettuce thinly sliced
- ☐ 2 ounces feta cheese crumbled
- ☐ 4 10-inch flour tortillas fat-free ()
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon hot sauce

- ☐ 0.8 cup jicama shredded peeled
- ☐ 2 tablespoons cream cheese light tub-style softened
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 ounces monterrey jack cheese shredded finely
- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 3 tablespoons onion diced red finely

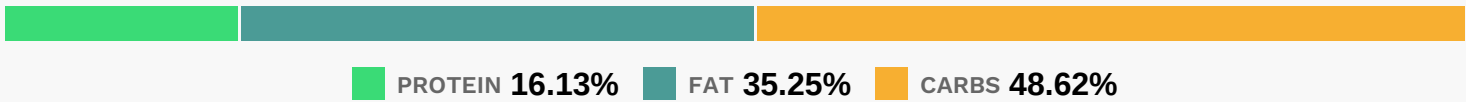
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place first 5 ingredients in a food processor or blender; process until smooth.
- ☐ Add feta, black beans, cilantro, and sauce; pulse 4 or 5 times or until combined.
- ☐ Spread 1 1/2 tablespoons bean mixture over each tortilla; top each with 1/3 cup lettuce. Divide jicama and remaining ingredients evenly among tortillas; roll up.
- ☐ Cut each wrap in half diagonally.

Nutrition Facts



Properties

Glycemic Index:58.08, Glycemic Load:12.59, Inflammation Score:-8, Nutrition Score:17.351739194082%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 380.92kcal (19.05%), Fat: 14.92g (22.96%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 40.25g (14.64%), Sugar: 4.06g (4.51%), Cholesterol: 30.93mg (10.31%), Sodium: 931.74mg (40.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Manganese: 0.7mg (34.9%), Selenium: 23.31µg (33.3%), Calcium: 330.13mg (33.01%), Phosphorus: 326.96mg (32.7%), Vitamin B1: 0.43mg (28.41%), Vitamin B2: 0.44mg (25.84%), Folate: 99.33µg (24.83%), Fiber: 6.06g (24.23%), Vitamin A: 1150.9IU (23.02%), Iron: 3.66mg (20.33%), Vitamin K: 21.33µg (20.32%), Vitamin B3: 3.49mg (17.44%), Vitamin B6: 0.31mg (15.47%), Zinc: 1.7mg (11.37%), Vitamin C: 8.66mg (10.5%), Magnesium: 41.73mg (10.43%), Copper: 0.18mg (8.89%), Potassium: 299.62mg (8.56%), Vitamin B12: 0.44µg (7.36%), Vitamin B5: 0.56mg (5.55%), Vitamin E: 0.24mg (1.57%), Vitamin D: 0.16µg (1.06%)