



Tortilla Wraps

READY IN



65 min.

SERVINGS



16

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crabmeat canned drained
- 2 ounces cream cheese softened
- 10 10-inch flour tortilla ()
- 8 ounce braunschweiger liverwurst

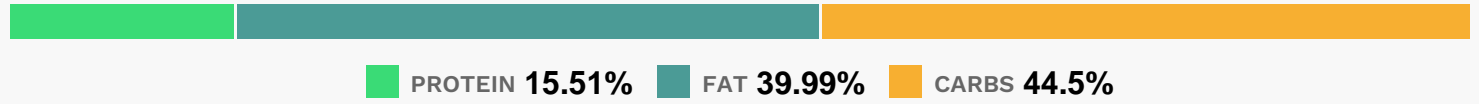
Equipment

- bowl
- wax paper

Directions

- In a medium bowl, mix the braunschweiger liverwurst, crabmeat and cream cheese.
- Spread the mixture on tortillas. Tightly roll tortillas, wrap in wax paper and refrigerate 1 hour.
- Slice the tortillas into bite sized pieces and serve.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:13.204782618129%

Nutrients (% of daily need)

Calories: 201.31kcal (10.07%), Fat: 8.83g (13.59%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 20.59g (7.49%), Sugar: 1.76g (1.95%), Cholesterol: 36.29mg (12.1%), Sodium: 514.88mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin A: 3969.54IU (79.39%), Vitamin B12: 2.27µg (37.83%), Selenium: 22.84µg (32.63%), Vitamin B1: 0.26mg (17.46%), Vitamin B2: 0.29mg (16.91%), Phosphorus: 151.4mg (15.14%), Vitamin B3: 2.84mg (14.19%), Iron: 2.55mg (14.18%), Folate: 51.12µg (12.78%), Manganese: 0.25mg (12.32%), Copper: 0.17mg (8.33%), Calcium: 80.67mg (8.07%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.62mg (6.16%), Fiber: 1.53g (6.13%), Magnesium: 15.47mg (3.87%), Vitamin B6: 0.07mg (3.57%), Potassium: 111mg (3.17%), Vitamin K: 3.26µg (3.1%), Vitamin E: 0.23mg (1.51%)