



Tuna and Crab Wraps/Crab and Avocado Wraps

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 avocado
- ☐ 0.5 carrots peeled cut into matchsticks to give 1/2 cup
- ☐ 0.5 cup crab meat white
- ☐ 6 servings quarter cucumber halved seeded cut into matchsticks to give 1/2 cup
- ☐ 1 flour tortilla wrap soft
- ☐ 0.3 cup iceberg lettuce shredded finely
- ☐ 1 tablespoon juice of lemon

- ☐ 1 teaspoon mayonnaise
- ☐ 1 drops sesame oil
- ☐ 3 ounces tuna sliced into 1/16 by 3/4-inch rectangles
- ☐ 0.5 teaspoon wasabi paste

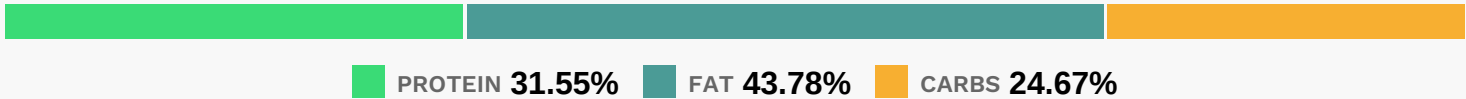
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the mayonnaise, wasabi and sesame oil in a small bowl, and paint the tortilla wrap with this mixture on 1 side. Arrange a row of carrots horizontally 3/4-inch to 1 1/4-inch up from the bottom of the wrap you have in front of you. Then arrange the cucumber on top of the carrot in the same way, or as best as you can as it may slip down a little. Finally, top with the slices of tuna also lying them horizontally as this makes it easy to wrap up.
- ☐ Roll up the wrap as tightly as you can, starting from the bottom. You want to end up with a fat Cuban cigar.
- ☐ Cut across the rolled wrap diagonally to make 3 pieces.
- ☐ Put the crabmeat into a bowl and add the mayonnaise, wasabi paste and oil and stir to mix.
- ☐ Lay the wrap in front of you and put the crabmeat in a line horizontally 2cm/about an inch up from the bottom of the wrap. Take the avocado half still with skin and scoop out the flesh in half teaspoonful curls, laying these on top of the line of crabmeat.
- ☐ Sprinkle over the lettuce in a neat line also, and then spritz with the lemon juice.
- ☐ Roll up tightly from the bottom, to form a fat cigar and then slice on an angle into 3 pieces.
The 2 recipes combined make 6 pieces

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:7.1800000304761%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 76.25kcal (3.81%), Fat: 3.77g (5.8%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.68g (0.75%), Cholesterol: 11.26mg (3.75%), Sodium: 194.21mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Vitamin B12: 1.63µg (27.08%), Selenium: 15.92µg (22.74%), Vitamin A: 901.63IU (18.03%), Vitamin B3: 2.13mg (10.66%), Copper: 0.18mg (8.89%), Zinc: 1.09mg (7.25%), Phosphorus: 72.35mg (7.24%), Folate: 27.58µg (6.89%), Vitamin K: 6.48µg (6.17%), Vitamin B6: 0.12mg (6.17%), Fiber: 1.52g (6.09%), Vitamin C: 4.21mg (5.11%), Potassium: 167.93mg (4.8%), Magnesium: 17.46mg (4.37%), Vitamin B1: 0.05mg (3.52%), Iron: 0.63mg (3.5%), Manganese: 0.07mg (3.49%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.46mg (3.07%), Calcium: 21.4mg (2.14%), Vitamin D: 0.17µg (1.14%)