



Tuna Twist

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp carrots shredded
- 1 romaine leaves
- 2 Tbsp philadelphia garden vegetable
- 3 oz tuna in water white flaked drained canned ()
- 18-inch tortillas whole wheat ()

Equipment

- plastic wrap

Directions

- Mix tuna and cream cheese until well blended; spread onto tortilla.
- Top with lettuce and carrots; roll up tightly.
- Serve immediately. Or, wrap tightly in plastic wrap and refrigerate until ready to serve.

Nutrition Facts



PROTEIN 37.41% **FAT 14.64%** **CARBS 47.95%**

Properties

Glycemic Index:91.83, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:18.871739190558%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 226.96kcal (11.35%), Fat: 3.69g (5.68%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 22.27g (8.1%), Sugar: 3.44g (3.82%), Cholesterol: 30.62mg (10.21%), Sodium: 476.37mg (20.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.43%), Vitamin A: 8338.29IU (166.77%), Selenium: 57.96µg (82.79%), Vitamin B3: 9.2mg (45.99%), Vitamin B12: 2.19µg (36.43%), Fiber: 4.93g (19.71%), Vitamin B6: 0.37mg (18.3%), Iron: 2.97mg (16.48%), Phosphorus: 151.42mg (15.14%), Calcium: 112.35mg (11.23%), Vitamin C: 9.16mg (11.11%), Manganese: 0.2mg (10.16%), Potassium: 354.91mg (10.14%), Magnesium: 33.38mg (8.34%), Vitamin B2: 0.14mg (8.02%), Vitamin B1: 0.11mg (7.03%), Vitamin D: 1.02µg (6.8%), Folate: 26.79µg (6.7%), Zinc: 0.81mg (5.43%), Copper: 0.08mg (4.09%), Vitamin K: 4.13µg (3.93%), Vitamin E: 0.55mg (3.67%), Vitamin B5: 0.26mg (2.56%)