



## Vegetable Chili Wraps



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 19 ounces black beans drained and rinsed canned
- ☐ 14.5 ounces canned tomatoes canned
- ☐ 2 tablespoons chili powder
- ☐ 1 cup corn kernels
- ☐ 10 flour tortillas plain
- ☐ 1 bell pepper diced sweet green
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped

- ☐ 2 tablespoons oil
- ☐ 1 medium size onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper diced sweet red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable broth canned
- ☐ 2 cups zucchini diced

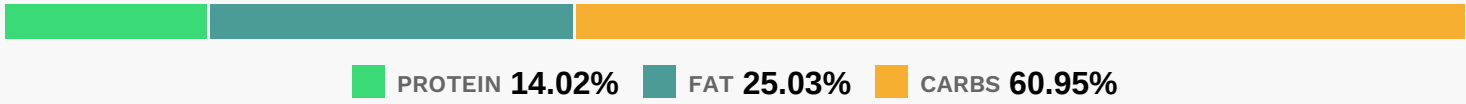
## Equipment

- ☐ microwave
- ☐ dutch oven

## Directions

- ☐ Heat oil in large pot or Dutch oven over medium heat.
- ☐ Add onion, red and green peppers, and jalapeno; saute for 5 minutes.
- ☐ Add zucchini and cook until onions are translucent and softened, about 4 minutes.
- ☐ Add chili powder, cumin, salt and pepper. Stir in tomatoes, black beans, corn and vegetable broth; simmer for 20 to 25 minutes or until reduced and thickened.
- ☐ Wrap tortillas in damp paper toweling. Microwave on 100 percent power 1 to 2 minutes or until steaming and very pliable.
- ☐ Spread 1/2 cup filling over a tortilla a roll up. Repeat with remaining filling and tortillas.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:6.11, Inflammation Score:-8, Nutrition Score:14.473913192749%

## Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg, Kaempferol: 0.08mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 209.81kcal (10.49%), Fat: 6.07g (9.34%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 25.88g (9.41%), Sugar: 5.8g (6.44%), Cholesterol: 0mg (0%), Sodium: 708.51mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin C: 37.23mg (45.13%), Fiber: 7.38g (29.53%), Manganese: 0.49mg (24.61%), Folate: 88.02µg (22%), Vitamin A: 1080.42IU (21.61%), Vitamin B1: 0.3mg (19.86%), Iron: 3.25mg (18.06%), Phosphorus: 164.5mg (16.45%), Potassium: 509.36mg (14.55%), Vitamin B2: 0.24mg (14.2%), Vitamin B3: 2.83mg (14.17%), Vitamin B6: 0.27mg (13.5%), Copper: 0.26mg (13.04%), Vitamin E: 1.95mg (12.98%), Magnesium: 47.04mg (11.76%), Selenium: 8.19µg (11.7%), Vitamin K: 10.95µg (10.43%), Calcium: 92.31mg (9.23%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.45mg (4.54%)