



Veggie Wraps

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

Ingredients

- 4 10-inch flour tortilla ()
- 4 oz cream cheese softened (half of 8-oz package)
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 4 small leaves lettuce
- 1 medium bell pepper red cut into thin strips
- 3 oz mushrooms fresh sliced
- 0.5 medium cucumber cut lengthwise into thin strips

- 0.3 cup spring onion chopped
- 0.5 cup pepper jack cheese shredded

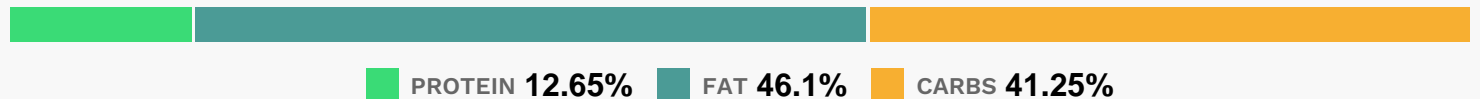
Equipment

- bowl

Directions

- Heat tortillas as directed on package. Meanwhile, in small bowl, mix cream cheese, cumin and salt until blended.
- On each tortilla, spread 2 tablespoons cream cheese mixture.
- Layer remaining ingredients evenly over half of each tortilla. Tuck in sides of tortillas; roll up tightly to enclose filling.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:12.1, Inflammation Score:-8, Nutrition Score:17.68173903486%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 386.53kcal (19.33%), Fat: 19.96g (30.71%), Saturated Fat: 10.51g (65.69%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 36.41g (13.24%), Sugar: 6.07g (6.74%), Cholesterol: 41.2mg (13.73%), Sodium: 985.05mg (42.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin C: 40.77mg (49.42%), Selenium: 22.2µg (31.72%), Vitamin A: 1547.74IU (30.95%), Phosphorus: 274.95mg (27.5%), Vitamin B1: 0.41mg (27.44%), Vitamin B2: 0.44mg (26.08%), Calcium: 252.08mg (25.21%), Folate: 98.08µg (24.52%), Vitamin K: 24.15µg (23%), Manganese: 0.45mg (22.48%), Vitamin B3: 4.27mg (21.33%), Iron: 3.42mg (19.02%), Fiber: 3.77g (15.1%), Vitamin B6: 0.2mg (9.96%), Potassium: 338.45mg (9.67%), Copper: 0.18mg (9.23%), Magnesium: 33.91mg (8.48%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.79mg (7.91%), Vitamin E: 0.83mg (5.5%), Vitamin B12: 0.19µg (3.14%)