



 **65%**
HEALTH SCORE

Veracruz Wrap

 Vegetarian  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

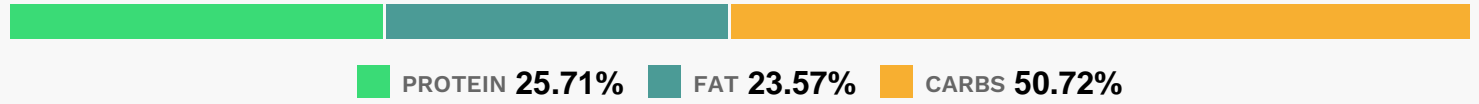
- 0.3 cup black beans canned rinsed
- 0.3 cup regular corn with red and green bell peppers canned drained
- 0.3 cup cilantro leaves fresh chopped
- 1 Tbsp green onions chopped
- 1 Tbsp taco bell® & chunky salsa thick
- 3.5 oz veggie patty
- 18-inch tortillas whole wheat ()

Equipment

Directions

- Cook burger as directed on package.
- Top tortilla with remaining ingredients.
- Cut burger in half; place on half of tortilla. Fold in half.

Nutrition Facts



Properties

Glycemic Index:106, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:26.607391150101%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 345.87kcal (17.29%), Fat: 9.17g (14.11%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 32.67g (11.88%), Sugar: 4.59g (5.1%), Cholesterol: 4.96mg (1.65%), Sodium: 1100.5mg (47.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin B1: 2.72mg (181.54%), Manganese: 1.14mg (56.81%), Fiber: 11.72g (46.87%), Vitamin C: 38.13mg (46.21%), Folate: 160.03µg (40.01%), Vitamin B12: 1.99µg (33.24%), Selenium: 23.22µg (33.17%), Vitamin K: 32.5µg (30.95%), Phosphorus: 268.19mg (26.82%), Iron: 4.53mg (25.17%), Calcium: 236.87mg (23.69%), Vitamin B6: 0.45mg (22.45%), Vitamin B3: 4.44mg (22.22%), Magnesium: 79.28mg (19.82%), Vitamin B2: 0.32mg (18.89%), Potassium: 611.88mg (17.48%), Copper: 0.33mg (16.56%), Vitamin A: 571.56IU (11.43%), Zinc: 1.61mg (10.73%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.47mg (4.66%)