



Wrap-and-Roll Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

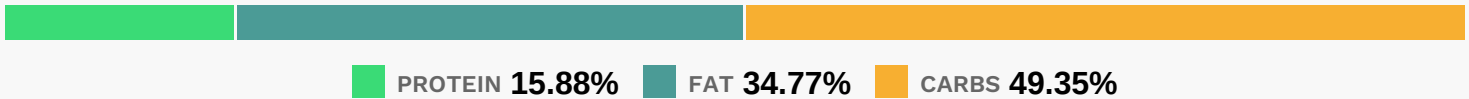
- ☐ 1 cup carrots shredded
- ☐ 4 10-inch flour tortillas ()
- ☐ 5.3 oz goat cheese at room temperature
- ☐ 2 cups baby greens mixed
- ☐ 4 servings bell pepper
- ☐ 1.3 cups roasted bell peppers red dry jarred rinsed seeded chopped

Equipment

Directions

- ☐ Lay out 4 tortillas on a work surface.
- ☐ Spread each tortilla with 2 generous Tbsp. of goat cheese, leaving a 1/4-inch border.
- ☐ Add 1/3 cup roasted bell peppers, 1/2 cup greens, 1/4 cup carrots and a pinch of pepper to each.
- ☐ Roll up tortillas and cut in half crosswise. Arrange 2 halves on each plate and serve.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:24.770869462386%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 357.46kcal (17.87%), Fat: 13.97g (21.49%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 39.13g (14.23%), Sugar: 7.58g (8.42%), Cholesterol: 17.28mg (5.76%), Sodium: 1322.56mg (57.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Vitamin A: 8536.41IU (170.73%), Vitamin C: 123.59mg (149.8%), Folate: 125.52µg (31.38%), Manganese: 0.62mg (30.83%), Vitamin B1: 0.46mg (30.49%), Phosphorus: 288.06mg (28.81%), Vitamin B2: 0.45mg (26.24%), Vitamin B6: 0.5mg (24.76%), Selenium: 16.99µg (24.27%), Vitamin B3: 4.67mg (23.33%), Iron: 4.17mg (23.17%), Copper: 0.45mg (22.27%), Fiber: 5.47g (21.88%), Calcium: 192.3mg (19.23%), Potassium: 459.39mg (13.13%), Vitamin K: 13.59µg (12.94%), Magnesium: 41.52mg (10.38%), Vitamin E: 1.46mg (9.71%), Zinc: 1.11mg (7.37%), Vitamin B5: 0.74mg (7.35%), Vitamin B12: 0.07µg (1.19%)