



## Wrapped Veggie Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup carrots shredded
- 2 Tbsp philadelphia chive & onion cream cheese spread
- 2 6-inch flour tortillas ()
- 1 singles cut in half kraft
- 0.5 cup roasted peppers red drained chopped
- 1 cup tightly spinach fresh packed

### Equipment

## Directions

- Spread tortillas with cream cheese spread.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:11.28, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:2.8639130443335%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 29.71kcal (1.49%), Fat: 1.21g (1.87%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.49g (0.55%), Cholesterol: 2mg (0.67%), Sodium: 160.71mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin A: 884.87IU (17.7%), Vitamin K: 15.34µg (14.61%), Vitamin C: 4.29mg (5.2%), Manganese: 0.07mg (3.62%), Folate: 13.19µg (3.3%), Vitamin B1: 0.04mg (2.43%), Iron: 0.36mg (2.03%), Calcium: 20.21mg (2.02%), Selenium: 1.39µg (1.99%), Fiber: 0.45g (1.8%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 17.27mg (1.73%), Vitamin B2: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.31%), Potassium: 44.94mg (1.28%), Magnesium: 4.84mg (1.21%), Copper: 0.02mg (1.03%)