

Tortilla Roll-Up

2 Servings • 1 Serving = 1 Wrap

Tips On Carrots



How To Store

Keep carrots in the crisper drawer of the refrigerator.



How To Use

Carrots are excellent in soups, salads, wraps or roasted as a side dish.



Health Benefits

Keep carrots in the crisper drawer of the refrigerator.

INGREDIENTS

- 2 whole wheat tortillas
- ½ cup prepared hummus
- 1 cup spinach
- ½ red bell pepper, sliced into matchsticks
- ½ cucumber, sliced into matchsticks
- ¼ cup matchstick carrots

DIRECTIONS

- Spread ¼ cup hummus onto each tortilla.
- Divide spinach and place half onto each tortilla.
- Next add half of both the bell pepper and cucumber.
- Top with half of the matchstick carrots.
- Fold over the sides and roll like a burrito.
- Slice each wrap into halves.

Nutrition Facts

2 servings per container	
Serving size	1 wrap (226g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 5mg	30%
Potassium 565mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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