



A Nutrition Resource



CREATE YOUR OWN WRAP

Yield: 1 Servings | Serving Size: 1 wrap

Cost/Serving: \$0.77

Ingredients:

- 1 (8-inch) whole wheat tortilla
- 1 teaspoon spread, such as low-fat mayonnaise or ranch dressing, mustard, or dill/vegetable flavored dip
- 1/2 cup shredded, sliced, or chopped vegetable(s), such as lettuce, tomato, slaw mix, cucumber, onion, carrot
- 1 ounce* protein foods, such as cooked sliced chicken or beef, 1/4 cup tuna, 1 hard-cooked egg, or 1/4 cup refried beans
- 1 Tablespoon shredded mozzarella or other cheese

*1 ounce is about 1/3 the size of a deck of playing cards.

Directions:

- 1) Mix the spread and the vegetables together.
- 2) Spread vegetable mixture on tortilla.
- 3) Spoon on the protein choice and sprinkle on the cheese.
- 4) Roll up and eat or heat in microwave for 30 seconds to melt cheese.

Example: Canned diced tomatoes (in place of spread, frozen corn, pinto and/or black beans, cheddar cheese, and spices such as chili powder, minced garlic, paprika, salt, and pepper.

Variation: For a crisper version, cook in 350°F oven or toaster oven for 10 minutes.

Nutrition Facts

1 servings per container
Serving size 1 wrap (111g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 420mg	18%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D --mcg	--%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 3mg	0%

*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.

