

VEGGIE HUMMUS WRAP

SERVES 1

INGREDIENTS



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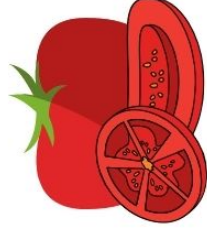
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1/3 CUP HUMMUS

1 WHOLE WHEAT
TORTILLA

2 SLICES OF
CUCUMBER

HANDFUL OF
FRESH SPINACH

2 SLICES OF
TOMATO

INSTRUCTIONS

1. Spread the hummus on the whole wheat tortilla. Layer on the cucumber, spinach leaves, and tomato slices.
2. Bring the sides of the tortilla to the middle, tuck them in, and roll up tightly like a burrito.
3. Cut in half and enjoy.

Nutrition Facts

Servings: 1

Amount per serving

Calories

346

% Daily Value*

Total Fat 9.7g

12%

Saturated Fat 1.4g

7%

Cholesterol 0mg

0%

Sodium 465mg

20%

Total Carbohydrate 57.2g

21%

Dietary Fiber 11.6g

41%

Total Sugars 10.9g

Protein 15g

Vitamin D 0mcg

0%

Calcium 178mg

14%

Iron 5mg

28%

Potassium 1188mg

25%



This material was funded by USDA's Supplemental Nutrition Assistance program (SNAP). This institution is an equal opportunity provider.