

Vegetarian Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22853
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10" ULTRGR	1 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CARROT SHRD MED	1 3/4 Ounce		313408
PEPPERS ASST COLORS	1 3/4 Ounce		644562
BROCCOLI FLORET BITE SIZE	3/4 Cup		732451
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CUCUMBER SUPER SELECT	3/4 Cup		592323

Description	Measurement	Prep Instructions	DistPart #
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	2 Tablespoon		222380

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.000
Grain	2.000
Fruit	0.000
DarkGreen	0.761
Red/Orange	1.751
OtherVeg	0.379
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	610.39
Fat	28.62g
Saturated Fat	9.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	824.02mg
Carbohydrates	70.92g
Fiber	14.76g
Total Sugar	20.00g
Added Sugar	2.00g
Protein	20.47g
Vitamin A RAE	48037.53mcg
Vitamin C	198.13mg
Calcium	507.69mg
Iron	4.41mg

Nutrition - Per 100g

Calories	391.50
Fat	18.35g
Saturated Fat	5.77g
Trans Fat	0.00g
Cholesterol	25.66mg
Sodium	528.52mg
Carbohydrates	45.49g
Fiber	9.47g
Total Sugar	12.83g
Added Sugar	1.28g
Protein	13.13g
Vitamin A RAE	30811.06mcg
Vitamin C	127.08mg
Calcium	325.63mg
Iron	2.83mg