

# Vegetarian Wrap

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10" ULTRGR	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM 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). STAGING Store 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
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	2 Tablespoon		222380

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

## Nutrition - Per 100g

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