

Eat Smart • Move More

Envoltura de Hummus

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



Ingredientes

- 6 tortillas integrales
- 1 ½ tazas de hummus preparado
- 1 pimiento, cortado en tiras de ¼ de pulgada
- 1 ½ zanahorias, ralladas
- 1 ½ tazas de espinaca tierna

Nutrition Facts

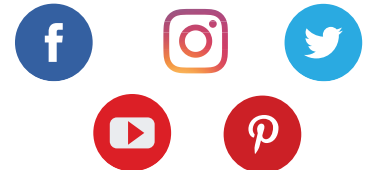
6 servings per container		
Serving size		1 serving
		(144.08g)
Amount per serving		230
Calories		
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	340mg	15%
Total Carbohydrate	31g	11%
Dietary Fiber	6g	21%
Total Sugars	1g	
Includes g Added Sugars		
Protein	7g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	1.3mg	8%
Potassium	230mg	4%

*The % Daily Value (DV) 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.

Consejos Rápidos

- ▶ Agregue otros vegetales como pepinos, calabacín, maíz, brócoli, tomates y col (repollo) rallado.
- ▶ El hummus es una pasta para untar hecha con garbanzos cocidos, ajo, jugo de limón y semillas de sésamo.

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Preparación

- Colocar las tortillas sobre una superficie limpia.
- Untar ¼ de taza de hummus en forma pareja en el centro de cada tortilla.
- Cubrir con 4-6 tiras de pimiento y ¼ de taza de zanahorias ralladas.
- Dividir la espinaca entre cada tortilla.
- Doblar el borde inferior de la tortilla hacia arriba sobre las verduras, y continuar enrollando hasta el borde superior.
- Cortar cada envoltura en diagonal a lo ancho del centro.
- Colocar las dos mitades en un plato para servir.

(Receta de: <https://fns-prod.azureedge.net.>)

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