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Sante Fe Salad Wrap ♦♦

The Sante Fe Salad Wrap is a delicious and healthy vegan recipe inspired by the flavors of Southwestern cuisine. It features a combination of fresh vegetables, black beans, and spices wrapped in a tortilla. This recipe is perfect for lunch or dinner and can be enjoyed by vegans and non-vegans alike.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	tortillas
100 g	Black Beans
50 g	corn
50 g	Red Bell Pepper
50 g	Avocado

50 g	lettuce
50 g	Tomato
10 g	Cilantro
30 ml	lime juice
1 tsp	cumin
0.5 tsp	salt
0.5 tsp	pepper

Directions

Step 1

In a bowl, combine the black beans, corn, red bell pepper, avocado, lettuce, tomato, and cilantro.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, mix together lime juice, cumin, salt, and pepper to make a dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the dressing over the vegetable mixture and toss until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Microwaving, stove

Warm the tortillas in a microwave or on a stove.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Cut, rolling

Divide the vegetable mixture evenly among the tortillas and roll them up.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Sante Fe Salad Wraps and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	12 g	31.58%	48%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Cuisines

Mexican Mediterranean

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free

High Vitamin C High Iron High Calcium

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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