
Farmers Market Wrap (Vegetarian)

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 slice

Portion 5.93 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 5.9 oz (168g)

Servings Per Container 1

Amount Per Serving

Calories 547 Calories From Fat 228

% Daily Value

Total Fat 25g 38%

Saturated Fat 9g 39%

Trans Fat 0g

Cholesterol 27mg 9%

Sodium 1118mg 47%

Total Carbohydrates 61g 20%

Dietary Fiber 3g 13%

Protein 17g

Vitamin A 30% Vitamin C 15%

Calcium 44% Iron 26%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A

High in Calcium

High in Iron

High in Carbohydrates

High in Protein

Good Source of Vitamin C

Good Source of Fiber

Ingredients

mayonnaise, tortilla spinach, BELL RED PLD FIRE RSTD PEPPER, mozzarella cheese, Tomato Fresh Slice, medium mushrooms, roasted garlic, spinach, Italian dressing, lemon juice, pesto, fresh chives, fresh basil, tabasco sauce, ground white pepper, dried parsley

Contains: Eggs, Milk