

# Garlic Hummus Wrap

## Ingredients:

- 1 whole wheat tortilla
- 3 ¾ tbsp. cucumber, sliced
- ½ cup fresh baby spinach, chopped
- 3 ¾ tbsp. fresh tomato, chopped
- 1 ¼ tsp. red onion, chopped
- 1 tsp. paprika
- 4 oz. garlic hummus



## Nutrition Facts

Serving Size 1 sandwich (246g)  
Servings Per Container

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**Amount Per Serving**

**Calories 310**    Calories from Fat 80

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% Daily Value\*

<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein</b> 11g	

Vitamin A 40%    •    Vitamin C 20%  
Calcium 10%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Directions:

1. Onto open tortilla, spread 4 oz. hummus and sprinkle SMOKED paprika.
2. Top with remaining ingredients and fold burrito style.
3. Cut in half.