

Hummus Cranberry Zinger Wrap

Ingredients:

- 1 whole wheat tortilla
- ¼ cup cucumber, chopped
- ½ cup baby spinach
- ¼ cup fresh tomatoes, chopped
- 1 ½ tsp. red onion, chopped
- 1 tsp. paprika
- ½ cup garlic hummus
- 2 ½ tbs. dried cranberries



Nutrition Facts

Serving Size 1 sandwich (253g)
Servings Per Container

Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 12g	
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. On an open tortilla, spread pre-made hummus and sprinkle with paprika.
2. Top with chopped cucumber, baby spinach, fresh tomatoes, dried cranberries and red onion.
3. Roll like a burrito and cut in a diagonal.