

# Jamaican Jerk Jackfruit Wraps

## Ingredients:

**Serves 3**

### **Jerk Jackfruit:**

20 oz sliced jackfruit  
 2 tsp oil  
 1.5 tsp garlic powder  
 1 tsp of each: onion powder, thyme, and parsley  
 1 ½ tsp paprika  
 ½ tsp cayenne pepper  
 ½ tsp black pepper  
 ¼ tsp of each: cinnamon, nutmeg, and allspice  
 2 tsp lime juice  
 1 ½ cups water  
 ¼ tsp sugar

### **Caribbean Black Beans:**

1 tsp oil  
 ½ cup chopped onion  
 2 cloves garlic, minced  
 1.5 cups cooked black beans  
 ¼ tsp allspice  
 ½ tsp thyme  
 ¼ tsp cayenne pepper  
 2 tsp lemon juice  
 ¼ cup water

### **Other Additions:**

3 whole grain wraps  
 1 cup mango, diced  
 1 cup baby greens  
 1 cup cucumber slices



**\*SOY FREE**



**\*VEGAN**



## Nutrition Facts

3 servings per container  
**Serving size 1.25 Cups Filling**

Amount per serving

**Calories 500**

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 9g           | <b>12%</b> |
| Saturated Fat 2.5g            | <b>13%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 5mg        | <b>2%</b>  |
| <b>Sodium</b> 350mg           | <b>15%</b> |
| <b>Total Carbohydrate</b> 98g | <b>36%</b> |
| Dietary Fiber 14g             | <b>50%</b> |
| Total Sugars 48g              |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 16g            |            |
| Vitamin D 0.1mcg              | <b>0%</b>  |
| Calcium 140mg                 | <b>10%</b> |
| Iron 5mg                      | <b>30%</b> |
| Potassium 1620mg              | <b>35%</b> |

\*The % Daily Value 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.

## Directions:

### **Jerk Jackfruit:**

1. Heat oil in a skillet over medium heat. Add shredded jackfruit and all dry spices. Cook for 2-3 minutes.
2. Add lime juice, water, and sugar and cook partially covered for 25-40 minutes.
3. Once liquid has evaporated add 1 tsp oil and toast jackfruit until edge are golden brown.

### **Caribbean black beans:**

1. Heat oil in a skillet over medium heat. Add onions and garlic and cook 4-5 minutes.
2. Add black beans, spices, water and lime juice and simmer for 10 minutes, stirring occasionally.

### **Wrap assembly:**

Layer black beans, baby greens and a heaping scoop of jerk jackfruit, cucumber and mango. Fold into a burrito and serve.