

# Crunchy Vegetable Burrito Banditos

## Ingredients:

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded low fat cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn iceberg lettuce, bit-size pieces

## Directions:

In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, dressing and chili powder. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down center. Wrap each tortilla around the vegetable mixture.

<b>Nutrition Facts</b>	
Serving Size 1 Burrito (146g)	
Servings Per Container recipe makes 4 burritos	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 50%	• Vitamin C 30%
Calcium 20%	• Iron 10%
*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	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-8-08

