Crunchy Vegetable Burritos

Ingredients:

4 (7-inch) flour tortillas
1/3 cup low-fat cream cheese - whipped
Garlic powder
Dill weed
¼ cup carrots, raw and grated
¼ cup broccoli, raw and chopped

Directions:

Spread about 1 tablespoon whipped cream cheese on each tortilla. Sprinkle with garlic powder and dill weed. Top with vegetables. Roll up each tortilla and cut in half.

Note: Feel free to add other fresh chopped or grated vegetables. Cut each burrito into fourths for a quick appetizer (and a healthy one).

Nutrition Facts

Serving Size 1 Burrito (77g)
Servings Per Container Recipe makes 4 Burritos

Amount Per Serving

Calories 190	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 6g	

Vitamin A 25% • Vitamin C 10%
Calcium 8% • 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