



March 26- Spinach and Cheese Burrito – Happy Spinach Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=74357>

Recipe

Ingredients:

- 2 cup spinach, frozen
- 3-ounces mozzarella cheese, part skim
- 1/3 cup salsa
- 3 whole-wheat tortilla

Directions:

1. Heat spinach for two minutes in microwave.
2. Add salsa and cheese; heat for another 40 seconds.
3. Place in tortilla and roll "burrito style".

Yield 3 servings

Nutrition Facts

Serving Size 1 burrito (207.51g)
Servings Per Container 3

Amount Per Serving

Calories 230 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 580mg **24%**

Total Carbohydrate 29g **10%**

Dietary Fiber 7g **26%**

Sugars 2g

Protein 15g **30%**

Vitamin A 250% • Vitamin C 10%

Calcium 40% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.