



## 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.