



WRAP WITH ROCKET AND HUMMUS

 5 minutes 1 portion

INGREDIENTS

- 1 large pita (6-1/2" dia) of bread, pita, whole-wheat [64 g]
- 1 portion of rocket, raw [20 g]
- 1 salad portion of tomatoes, cherry, raw [34 g]
- 6 large units of olives, ripe, canned (small-extra large) [26 g]
- 1 tsp of oil, olive, salad or cooking [5 g]
- 1 measure of lemon juice, fresh [10 g]
- 3 tablespoons of hummus, home prepared [45 g]

COOKING METHOD

- 1° Spread the hummus over piece of pita. Sprinkle 1 teaspoon of olive oil on top. Top with rocket leaves, cherry tomatoes, olives and drizzle of lemon juice. Roll each of them up and cut in half on a diagonal.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (204 g)	% DRI
ENERGY	162 kcal	329 kcal	16 %
FAT	6 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	284 mg	579 mg	24 %
CARBOHYDRATE	23 g	48 g	16 %
SUGARS	2 g	3 g	-
FIBER	3 g	7 g	28 %
PROTEIN	5 g	10 g	-