



A Nutrition Resource

APPLE WRAP

Yield: 4 Servings | Serving Size: 1/2 wrap

Cost/serving: \$0.53

Ingredients:

- 1 large apple, cut into small cubes
- 1 medium, ripe banana, cut in slices
- 2 Tablespoons peanut butter
- 2 whole wheat tortillas

Directions:

- 1) Spread peanut butter over one side of tortillas.
- 2) Sprinkle apple and banana over peanut butter.
- 3) Tightly roll each tortilla. Cut each wrap in half.

Option: Try different chopped fruit, like peaches, pears, mangoes, and berries. Substitute any nut butter. Try in a whole wheat pita pocket instead of a tortilla.

Nutrition Facts

4 servings per container
Serving size 1/2 wrap (117g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 1mg 6%

Potassium 225mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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