

Wrap with kidney beans, red capsicum, green capsicum, shredded lettuce,  
shredded cheese, diced tomato & guacamole

**1225kJ, 7g fat**

<b>Nutrients</b>	<b>Amount per serve</b>
Energy	1225.25kJ
Protein	15.27g
Total fat	7.05g
- saturated fat	2.48g
- polyunsaturated fat	0.97g
- monounsaturated fat	2.80g
Cholesterol	38.05
Carbohydrate	38.05g
Sugars	4.87g
Starch	32.88g
Fibre	7.15g
Thiamin	0.42mg
Riboflavin	0.12mg
Niacin	2.51mg
Vitamin C	60.00mg
Folate	60.89µg
Vitamin A equivalents	112.92µg
Sodium	520.89mg
Potassium	452.36mg
Magnesium	61.13mg
Calcium	261.46mg
Phosphorus	300.25mg
Iron	2.81mg
Zinc	2.26mg