

PLANT-BASED KICKIN' POPCORN SPRING WRAP

rebellyous
Kickin' Popcorn

per
serving



**2.25 MMA CREDITS
.25 GRAIN CREDIT**

INGREDIENTS

- 8 each pieces of Kickin Popcorn
- 1 each 10" tortilla
- 1 ½ cups of leafy green lettuce mix
- ¼ cup of shredded carrots
- ¼ cup half sliced cherry tomatoes

PREPARATION

1. Preheat oven to 400F
2. Place Kickin Popcorn on parchment paper lined baking sheet one layer deep
3. Cook for approximately 8 minutes or until internal temperature of 165F is reached
HACCP – Critical Control Point: Hold at internal temperature of 135°F or above.
4. Slice cherry tomatoes in half for palatability and visual appeal

ASSEMBLY

Place tortilla on work surface and layer with lettuce, carrots, tomatoes and kickin popcorn. Roll tightly and optionally slice in half to show a cross-section. Serve with a choice of salad dressing.

Nutrition Facts

Serving size 1 wrap

Calories **338**

Amount per serving

Total Fat **14.1g**
Saturated Fat 2.0g
Trans Fat 0.0g

Cholesterol 4.2mg

Sodium 542.3mg

Total Carb 41.9g
Dietary Fiber. 7.3g
Sugars 5.9g
Added Sugars 0.0g

Protein 18g

Vitamin D 0.0 mcg

Calcium 80.5 mg

Iron 1.6 mg

Potassium 81.5 mg

NO HARM. NO FOWL.®

HACCP – Standard Operating Procedure – Use hand washing procedures before starting recipe. Wash all produce before starting this recipe.

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