



# Broccoli Teriyaki Wrap

**Servings**

2

**Calories**

430

**Prep Time**

5 minutes

**Total Time**

7 minutes

**Skill Level**

Easy

## Ingredients

3 cups Mann's Broccoli Wokly®, blanching and chopping

1 cup of rice, white, cooked

2 tablespoons green onions, chopped

2 ½ tablespoons teriyaki glaze, prepared

½ teaspoon ginger, fresh, grated

2 - 10" flour tortillas (vegetable flavored or plain)



## The Method

In a large bowl combine Mann's Broccoli Wokly®, rice, green onion, teriyaki glaze and ginger; toss to mix. Divide mixture evenly between two tortillas and roll. Enjoy!

### Nutrition Facts

Serving Size: 430g | Servings: 2

### Amount Per Serving

Calories 430 | Calories from Fat 60 | Total Fat 6g (sat fat 3g trans 0g) | Cholesterol 0mg | Sodium 890mg | Total Carbohydrate 75g |

Dietary Fiber 9g | Sugars 14g | Protein 19g | Vitamin A 200% | Vitamin C 520% | Calcium 15% | Iron 20%