



Healthdor

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Deli Wrap

A delicious and healthy wrap made with deli meats and fresh vegetables. Perfect for a quick and easy lunch or dinner.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	deli meats
100 g	vegetables (e.g., lettuce, tomato, cucumber)
2 pieces	tortilla wrap

Directions

Step 1

Place the tortilla wrap on a clean surface.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Layer the deli meats and vegetables on the tortilla wrap.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Roll up the tortilla wrap tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cut

Cut the wrap in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Diwali

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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