

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

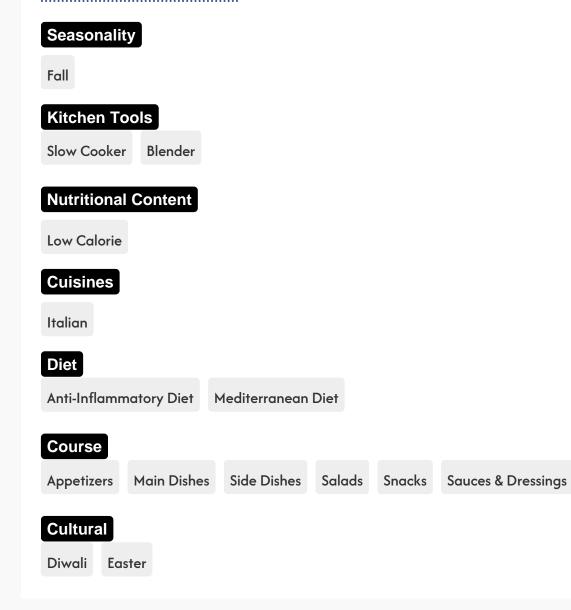
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

### 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**



Cost			
Under \$10			
Demographi	ics		
Kids Friendly	Teen Friendly	Lactation Friendly	Diabetic Friendly
Meal Type			
Lunch Snack	Supper		
Difficulty Le	vel		
Medium			

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