



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Totally Turkey Toasted Wrap without sides ✦

This recipe is a delicious and satisfying turkey wrap that can be enjoyed for lunch or dinner. It features a combination of turkey, vegetables, and flavorful seasonings wrapped in a toasted tortilla. The wrap is easy to make and can be customized with your favorite toppings. It's a perfect option for those who enjoy a hearty and flavorful meal without the need for sides.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	Turkey Breast
2 pieces	tortilla
50 g	lettuce

50 g	Tomato
25 g	red onion
30 g	mayonnaise
15 g	mustard
2 g	Salt
1 g	Black pepper

Directions

Step 1

Cut

Slice the turkey breast into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Wash and chop the lettuce, tomato, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread mayonnaise and mustard on the tortillas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Layering

Layer the turkey, lettuce, tomato, and red onion on the tortillas.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Seasoning

Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Toasting

Roll up the tortillas tightly and toast them in a pan or on a grill until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 300 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 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	8 g	28.57%	32%
Cholesterol	40 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	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Meal Type

Breakfast Lunch Snack

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Cost

Under \$10

Difficulty Level

Medium

Visit our website: healthdor.com