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[Veggie Flour Tortilla Wrap without vinegar, oil or mayonnaise](#) ♦♦

This veggie flour tortilla wrap is a delicious and healthy option for those looking for a vegan and oil-free meal. It is packed with fresh vegetables and wrapped in a soft and flavorful flour tortilla. The absence of vinegar, oil, or mayonnaise makes it a light and refreshing option. Enjoy it for lunch or dinner!

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

150 g	flour tortillas
50 g	lettuce
50 g	Tomato
50 g	cucumber

25 g	carrot
25 g	Red Bell Pepper
25 g	yellow bell pepper
50 g	Avocado
2 g	salt
2 g	pepper
1 g	cumin

Directions

Step 1

Cut

Wash and chop the lettuce, tomato, cucumber, carrot, red bell pepper, yellow bell pepper, and avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix the chopped vegetables with salt, pepper, and cumin.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Heating

Warm the flour tortillas in a pan or microwave for a few seconds.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Rolling

Place the vegetable mixture on the tortillas and roll them tightly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Slice the wraps in half and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian Mexican

Course

Salads Snacks

Cultural

St. Patrick's Day

Demographics

Senior Friendly Diabetic Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
 Traditional Chinese Medicine (TCM) Diet Low Sodium Diet
 The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
 The Gerson Therapy The Beverly Hills Diet The Rice Diet The F-Plan Diet

Meal Type

Brunch Supper

Difficulty Level

Medium

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