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Cancro Special Tomato Tortilla Wrap

The Cancro Special Tomato Tortilla Wrap is a delicious and healthy wrap that is perfect for vegans. It is made without vinegar, oil, or mayonnaise, making it a light and refreshing option. The wrap is filled with fresh tomatoes, lettuce, and a variety of other vegetables, providing a burst of flavor in every bite. It can be enjoyed as a quick and easy lunch or dinner option.

Recipe Type: Vegan Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 200 grams Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Tomatoes
100 g	lettuce
2 pieces	tortilla wrap

50 g	onion
50 g	bell pepper
50 g	cucumber
50 g	carrot

Directions

Step 1



Wash and chop the tomatoes, lettuce, onion, bell pepper, cucumber, and carrot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Microwaving, stove

Warm the tortilla wraps in a microwave or on a stove.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Place the chopped vegetables on the tortilla wraps.

Prep Time: 2 mins

Cook Time: 0 mins
Step 4
Cut
Roll the tortilla wraps tightly and cut them in half.
Prep Time: 1 mins
Cook Time: 0 mins
Step 5
Serving
Serve and enjoy!
Prep Time: 0 mins
Cook Time: 0 mins
Nutrition Facts
Calories: 150 kcal
Fat: 0 g
Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

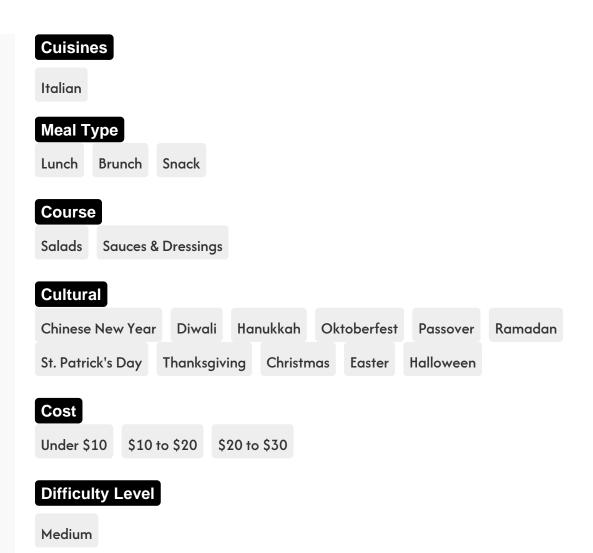
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes



Summer

Fall



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