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## Cancro Special Tomato Tortilla Wrap <sup>♦♦</sup>

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

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### Step 1

Cut

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Microwaving, stove

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Place the chopped vegetables on the tortilla wraps.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

**Cut**

Roll the tortilla wraps tightly and cut them in half.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

**Serving**

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**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

### Seasonality

Summer

Fall

## Cuisines

Italian

## Meal Type

Lunch

Brunch

Snack

## Course

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

## Difficulty Level

Medium

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