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[Big Kahuna - Reduced Carb Wrap](#)

The Big Kahuna - Reduced Carb Wrap is a delicious and healthy wrap option for those looking to reduce their carb intake. It is filled with fresh and flavorful ingredients that will satisfy your cravings without the guilt. This wrap is perfect for lunch or dinner and can be enjoyed by everyone, regardless of their dietary preferences.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

2 wrap	reduced carb wrap
200 g	grilled chicken breast
100 g	Avocado
50 g	lettuce
50 g	Tomato

25 g	red onion
50 g	cucumber
50 g	Greek yogurt
2 tsp	Lemon juice
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Cut

Slice the grilled chicken breast, avocado, lettuce, tomato, red onion, and cucumber into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together Greek yogurt, lemon juice, salt, and pepper to make a creamy dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the reduced carb wraps on a clean surface. Spread the creamy dressing evenly on each wrap.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Rolling

Divide the sliced ingredients equally between the two wraps. Roll up the wraps tightly and cut in half diagonally.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Big Kahuna - Reduced Carb Wraps immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	3 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	50 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	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Nutritional Content

Low Carb

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Course

Salads

Breads

Snacks

Appetizers

Side Dishes

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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