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## Mexican Taco Wrap <sup>♦</sup>

The Mexican Taco Wrap is a delicious and versatile dish that combines the flavors of traditional Mexican cuisine with the convenience of a handheld wrap. It can be enjoyed as a quick and easy lunch or dinner option, and is perfect for gatherings and parties. The wrap is filled with seasoned ground beef, black beans, corn, salsa, and cheese, and is topped with sour cream, guacamole, and cilantro. It is a crowd-pleasing recipe that will satisfy everyone's cravings for Mexican food.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

250 g	Ground Beef
100 g	Black Beans
100 g	corn

50 g	salsa
50 g	cheese
50 g	tortilla wrap
25 g	sour cream
25 g	guacamole
5 g	Cilantro

## Directions

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### Step 1

Stove

In a skillet, cook the ground beef until browned. Drain any excess fat.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

Add the black beans and corn to the skillet with the cooked ground beef. Cook for an additional 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Microwave, stove

Warm the tortilla wrap in a microwave or on a stovetop griddle.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

### Step 4

Spread salsa on the warmed tortilla wrap, then add the beef, bean, and corn mixture.

Top with cheese, sour cream, guacamole, and cilantro.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Mexican

### Course

Salads

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

None

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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