



Healthdor

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Turkey and Avocado Wrap

A delicious and healthy wrap filled with turkey and avocado. Perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Turkey
100 g	Avocado
2 pieces	wrap
50 g	lettuce
50 g	Tomato
30 g	mayonnaise

20 g mustard

Directions

Step 1

Cutting

Slice the turkey, avocado, lettuce, and tomato.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise and mustard on the wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layering

Layer the turkey, avocado, lettuce, and tomato on the wrap.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Rolling

Roll up the wrap tightly.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	2 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	30 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Course

Breads

Salads

Snacks

Cultural

Chinese New Year

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Meal Type

Lunch

Snack

Difficulty Level

Easy

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