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Turkey, Goat Cheese, and Avocado Roll

This Turkey, Goat Cheese, and Avocado Roll is a delicious and satisfying meal. It combines the flavors of tender turkey, creamy goat cheese, and creamy avocado. The roll is easy to make and can be enjoyed as a main dish or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Turkey
100 g	goat cheese
200 g	Avocado
4 pieces	roll

Directions

Step 1

Cut

Slice the turkey into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread goat cheese on each roll.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

Place turkey slices and avocado on each roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rolling

Roll up the ingredients tightly.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 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	20 g	36.36%	40%
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	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	40 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	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Air Diet

Cooking Method

Baking

Cut

Cooking

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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