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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



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



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

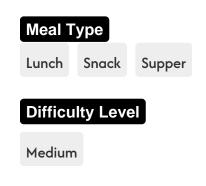
Appetizers Main Dishes Snacks Sauces & Dressings

Diet

Pescatarian Diet Lacto-Ovo Vegetarian Diet The Air Diet

Cooking Method

Baking Cut Cooking



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