



Healthdor

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Almost Zero Carbs Wraps ♦

These wraps are perfect for those following a low-carb diet. They are made with ingredients that are almost carb-free, making them a healthy and delicious option for any meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	Egg whites
20 g	coconut flour
100 ml	almond milk
1 tsp	Salt
2 tsp	olive oil

Directions

Step 1

Mixing

In a bowl, whisk together the egg whites, coconut flour, almond milk, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Pour a small amount of the batter into the pan and swirl to coat the bottom.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Cook for 1-2 minutes until the edges start to lift and the bottom is golden brown.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stove

Flip the wrap and cook for another 1-2 minutes until the other side is golden brown.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Stove

Repeat with the remaining batter to make more wraps.

Prep Time: 0 mins

Cook Time: 4 mins

Nutrition Facts

Calories: 100 kcal

Fat: 2 g

Protein: 10 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Nutritional Content

Low Carb

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Lunch

Snack

Difficulty Level

Medium

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