



Healthdor

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Turkey Wrap

A delicious and healthy turkey wrap packed with fresh ingredients and flavors. Perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Turkey Breast
2 pieces	whole wheat tortilla
50 g	lettuce
50 g	Tomato
50 g	cucumber
25 g	red onion

30 g	mayonnaise
30 g	mustard
2 g	Salt
2 g	Black pepper

Directions

Step 1

Cut

Slice the turkey breast into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Wash and slice the lettuce, tomato, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread mayonnaise and mustard on the whole wheat tortillas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Layering

Layer the turkey slices, lettuce, tomato, cucumber, and red onion on the tortillas.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Seasoning

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Roll up the tortillas tightly and cut in half.

Prep Time: 0 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	5 g	13.16%	20%
Sugars	5 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	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Lunch Dinner Snack

Course

Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Hanukkah Oktoberfest Passover
 Ramadan St. Patrick's Day Thanksgiving Christmas Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Demographics

Kids Friendly

Difficulty Level

Easy

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