



Healthdor

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Spinach and Turkey Wrap ♦

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

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	spinach
100 g	Turkey
2 pieces	tortilla
2 tbsp	mayonnaise
2 tbsp	mustard
4 slices	Tomato

4 slices onion

Directions

Step 1

Wash the spinach leaves and pat them dry.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cook the turkey in a skillet until it is fully cooked.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Spread mayonnaise and mustard on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Place spinach leaves, cooked turkey, tomato slices, and onion slices on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cut

Roll up the tortillas tightly and cut them in half.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 20 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
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%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
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

Vegetarian Diet

Raw Food Diet

Course

Breads

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

Under \$10

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Difficulty Level

Easy

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