



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Veggie Wrap

A delicious and healthy wrap filled with fresh vegetables and flavorful sauces. Perfect for a quick and nutritious meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	whole wheat tortillas
100 g	lettuce
100 g	Tomato
100 g	cucumber
100 g	bell pepper
50 g	carrot

100 g	Avocado
100 g	hummus
50 g	greek yogurt
15 ml	lemon juice
0.5 tsp	salt
0.5 tsp	pepper

Directions

Step 1

Cut

Wash and prepare all the vegetables by slicing them into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix the Greek yogurt, lemon juice, salt, and pepper to make the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread a layer of hummus on each tortilla.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Place the prepared vegetables on top of the hummus.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle the yogurt sauce over the vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cut

Roll up the tortillas tightly and cut them in half.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Italian

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Halloween

Demographics

Senior Friendly

Diet

Vegetarian Diet

Raw Food Diet

Lacto-Vegetarian Diet

Gluten-Free Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Scarsdale Diet

The Beverly Hills Diet

The Sleeping Beauty Diet

The F-Plan Diet

The Breatharian Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com