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## Banana and Strawberry Wrap ♦

A delicious wrap filled with fresh bananas and strawberries. Perfect for a vegetarian meal or snack.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	Bananas
100 g	Strawberries
2 pieces	wrap

### Directions

## Step 1

Cut

Slice the bananas and strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Place the sliced bananas and strawberries on the wrap.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Roll up the wrap tightly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 90 kcal

**Fat:** 0 g

**Protein: 1 g**

**Carbohydrates: 23 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	3 g	7.89%	12%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

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

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
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	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

### Course

Appetizers

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Halloween

### Demographics

Pregnancy Safe

Diabetic Friendly

Heart Healthy

### Diet

Weight Watchers (WW) Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Ayurvedic Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

### Meal Type

Snack

Supper

### Difficulty Level

Medium

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