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Turkey, Goat Cheese, and Avocado Rolls

This recipe is a delicious combination of turkey, goat cheese, and avocado rolled up in a tortilla. It's a perfect appetizer or snack for any occasion. The rolls are easy to make and can be enjoyed by both meat lovers and vegetarians.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Turkey
150 g	goat cheese
200 g	Avocado
4 pieces	tortilla

Directions

Step 1

Cut

Slice the turkey, goat cheese, and avocado into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Lay out a tortilla and place a few strips of turkey, goat cheese, and avocado on one end.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Roll up the tortilla tightly, tucking in the filling as you go.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Repeat steps 2 and 3 with the remaining tortillas and filling.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 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	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	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Halloween

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Volumetrics Diet

Vegetarian Diet

Raw Food Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The F-Plan Diet

The Israeli Army Diet

The Werewolf Diet

The Master Cleanse Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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