



Healthdor

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Turkey Cottage Cheese Lettuce Wrap ♦♦

A healthy and delicious wrap made with turkey, cottage cheese, and lettuce. Perfect for a light 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
100 g	cottage cheese
50 g	lettuce

Directions

Step 1

Cut

Slice the turkey into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and dry the lettuce leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spreading

Spread cottage cheese on the lettuce leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Plating

Place turkey strips on top of the cottage cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Rolling

Roll up the lettuce leaves to form wraps.

Prep Time: 4 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 30 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	3 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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