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Avocado Chickpea Lettuce Wraps ♦

Avocado Chickpea Lettuce Wraps are a delicious and healthy vegetarian dish. The wraps are made with fresh lettuce leaves filled with a creamy avocado and chickpea mixture. They are perfect for a light lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	Avocado
200 g	Chickpeas
100 g	lettuce leaves
2 tsp	lemon juice
1 tsp	garlic powder

1 tsp	salt
0.5 tsp	black pepper
0.5 tsp	cumin
0.5 tsp	paprika

Directions

Step 1

Mixing

In a bowl, mash the avocado and chickpeas together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add lemon juice, garlic powder, salt, black pepper, cumin, and paprika to the avocado and chickpea mixture. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Place a spoonful of the avocado and chickpea mixture onto each lettuce leaf. Roll up the lettuce leaves to form wraps.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	10 g	26.32%	40%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Snacks Appetizers Main Dishes Side Dishes Sauces & Dressings

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Lunch

Supper

Difficulty Level

Medium

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