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Tuna Wrap ••

A delicious and healthy wrap made with tuna, vegetables, and a flavorful dressing. Perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	Tuna
2 pieces	whole wheat tortillas
50 g	lettuce
50 g	Tomato
50 g	cucumber
25 g	red onion

50 g	Greek yogurt
2 tsp	lemon juice
1 tsp	Dill
0.5 tsp	salt
0.5 tsp	pepper

Directions

Step 1

Mixing

In a bowl, mix the tuna, Greek yogurt, lemon juice, dill, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread the tuna mixture onto the whole wheat tortillas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Top with lettuce, tomato, cucumber, and red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Roll up the tortillas tightly and cut in half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	25 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	10 mcg	416.67%	416.67%
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	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Main Dishes Salads Sauces & Dressings

Cultural

Diwali

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
 Lacto-Ovo Vegetarian Diet Low Sodium Diet The Fast Metabolism Diet
 Nutrient Timing Diet The Gerson Therapy The Cabbage Soup Diet
 The Beverly Hills Diet The Rice Diet The French Women Don't Get Fat Diet

Meal Type

Lunch Supper

Difficulty Level

Easy

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