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Mince Meat Tortilla Wraps ♦♦

Mince meat tortilla wraps are a delicious and easy-to-make dish that can be enjoyed as a main course or a snack. The dish consists of seasoned mince meat wrapped in a tortilla, topped with garlic, ginger, sweet chili sauce, turmeric powder, oregano, paprika, soy sauce, onions, green chillies, and Giant Tobasco. It is a versatile recipe that can be customized to suit individual tastes.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	mince meat
4 pieces	tortilla wraps
2 cloves	garlic

1 tsp	Ginger
2 tbsp	sweet chili sauce
1 tsp	turmeric powder
1 tsp	Oregano
1 tsp	Paprika
2 tbsp	soy sauce
1 medium	Onions
2 pieces	green chillies
1 bottle	giant tobasco 0.97 ounce size - 144 per case

Directions

Step 1

Stove

Heat a pan and add oil. Add minced meat and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add garlic, ginger, sweet chili sauce, turmeric powder, oregano, paprika, soy sauce, onions, and green chillies to the pan. Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Warm the tortilla wraps in a separate pan.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Place the cooked mince meat mixture on the tortilla wraps and roll them tightly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serve the mince meat tortilla wraps with a side of Giant Tobasco sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Dinner

Kitchen Tools

Blender

Slow Cooker

Pressure Cooker

Air Fryer

Course

Snacks

Cultural

Chinese New Year

Demographics

Lactation Friendly

Diet

16:8 Diet

Vegetarian Diet

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