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Ham and Cheese Wrap

A delicious wrap made with tortilla, cheese, smoked ham, tomatoes, and feta. Perfect for a quick and easy lunch or snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

50 g	tortilla wrap
50 g	Cheese
50 g	Smoked Ham
50 g	Tomatoes
25 g	Feta

Directions

Step 1

Lay the tortilla wrap flat on a clean surface.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Spread the cheese evenly over the tortilla wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layer the smoked ham, tomatoes, and feta on top of the cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Roll the tortilla wrap tightly, tucking in the ingredients as you go.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the wrap into smaller pieces, if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Cooking Method

Frying

Baking

Boiling

Steaming

Cooking

Food Type

Soup

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