



Healthdor

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Turkey Swiss Wrap ♦♦

A delicious wrap made with turkey and Swiss cheese. Perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	Turkey
50 g	swiss cheese
2 pieces	tortilla wrap
50 g	lettuce
50 g	Tomato
30 g	mayonnaise

Directions

Step 1

Lay out the tortilla wraps on a clean surface.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Spread mayonnaise evenly on each tortilla wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layer turkey, Swiss cheese, lettuce, and tomato on one side of each tortilla wrap.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Fold the empty side of each tortilla wrap over the filling.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Cut each wrap in half diagonally to create two servings.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	3 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	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
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%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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