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Turkey Club Wrap ·

The Turkey Club Wrap is a classic sandwich turned into a convenient wrap. It features layers of turkey, bacon, lettuce, tomato, and mayonnaise all wrapped up in a tortilla. It's perfect for a quick and easy lunch or dinner.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 200 grams Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Turkey
100 g	bacon
50 g	lettuce
100 g	Tomato
50 g	mayonnaise

200 g tortilla

Directions

Step 1

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Spread mayonnaise on the tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layer turkey, bacon, lettuce, and tomato on the tortilla.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Roll up the tortilla tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5



Slice the wrap into smaller pieces, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 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	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	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

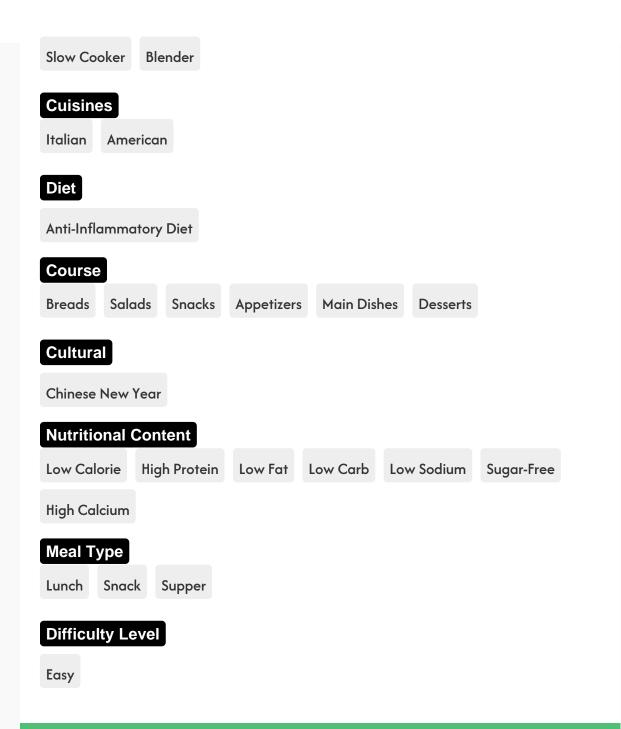
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools



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