



Healthdor

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## Turkey Club Wrap <sup>••</sup>

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

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### Step 1

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Spread mayonnaise on the tortilla.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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### Step 4

Roll up the tortilla tightly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Cut

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**

Slow Cooker

Blender

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Course

Breads

Salads

Snacks

Appetizers

Main Dishes

Desserts

### Cultural

Chinese New Year

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Sugar-Free

High Calcium

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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