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## Veggie Griller Wrap on Flour Tortilla (12") with Hummus & Avocado

This Veggie Griller Wrap is a delicious and healthy vegetarian option. It features a flour tortilla filled with fresh vegetables, creamy hummus, and avocado. It's perfect for a quick and easy lunch or dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

150 g	flour tortilla (12")
50 g	Hummus
100 g	Avocado
50 g	mixed salad greens

50 g	Tomato
25 g	red onion
50 g	cucumber
50 g	bell pepper

## Directions

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### Step 1

Stove

Warm the flour tortilla in a dry skillet over medium heat for about 30 seconds on each side.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 2

Spread a layer of hummus on the tortilla.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Cut

Slice the avocado and arrange it on top of the hummus.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Cut

Add the mixed salad greens, tomato, red onion, cucumber, and bell pepper on top of the avocado.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Roll up the tortilla tightly and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates: 55 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	12 g	31.58%	48%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring

Summer

### Meal Type

Lunch

Snack

Supper

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

### Cost

\$10 to \$20

### Demographics

Teen Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

### Difficulty Level

Medium

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