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## Tuna & Provolone Wrap (12")

A delicious wrap filled with tuna and provolone cheese. Perfect for a quick and easy lunch.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

200 g	Tuna
100 g	provolone cheese
2 pieces	12" tortilla wrap
50 g	lettuce
50 g	Tomato
30 g	mayonnaise

30 g    mustard

## Directions

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### Step 1

#### Mixing

In a bowl, mix the tuna with mayonnaise and mustard.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Spreading

Spread the tuna mixture evenly on the tortilla wraps.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Plating

Add lettuce and tomato slices on top of the tuna mixture.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

### Plating

Place a slice of provolone cheese on each wrap.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

### Cutting

Roll up the wraps tightly and cut in half.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 35 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
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	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
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%
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	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Meal Type

Dinner

Lunch

Snack

Supper

## Course

Salads

Snacks

Side Dishes

Desserts

Drinks

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Cuisines

American

Middle Eastern

## Nutritional Content

Low Fat

Low Carb

Low Sodium

High Iron

High Calcium

## Kitchen Tools

Blender

Grill

## Demographics

Pregnancy Safe

Diabetic Friendly

## Difficulty Level

Easy

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