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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

Step 1



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread the tuna mixture evenly on the tortilla wraps.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

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

Prep Time: 2 mins

Cook Time: 0 mins

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%

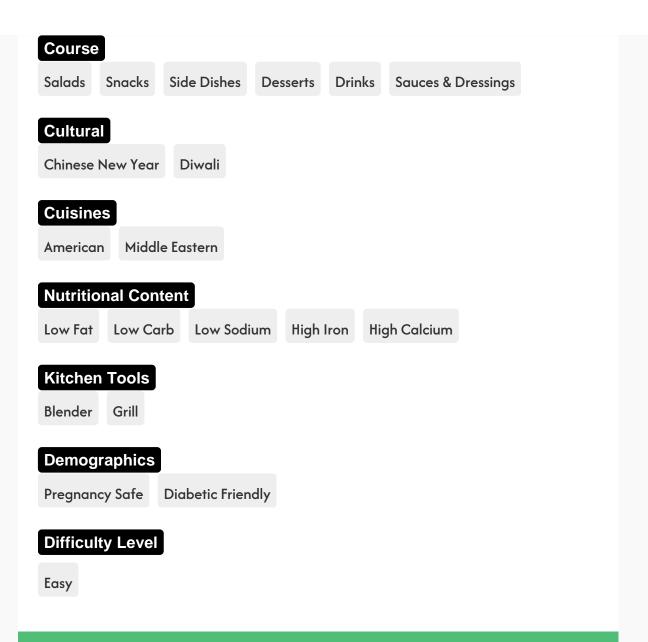
Minerals

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



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