



Healthdor

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## Turkey & Provolone Wrap (12")

A delicious and satisfying wrap filled with turkey and provolone cheese. Perfect for a quick and easy lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 1

**Serving Size:** 300 g

### Ingredients

100 g	Turkey
50 g	provolone cheese
60 g	whole wheat wrap
20 g	lettuce
30 g	Tomato
10 g	mayonnaise

10 g    mustard

## Directions

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### Step 1

Lay the whole wheat wrap flat on a clean surface.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 2

Spread mayonnaise and mustard evenly on the wrap.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Layer turkey, provolone cheese, lettuce, and tomato on top of the condiments.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 4

Roll the wrap tightly, tucking in the sides as you go.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Slice the wrap in half and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	700 mg	30.43%	30.43%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Picnic

### Cuisines

American

### Nutritional Content

Low Calorie

High Protein

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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