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Super Gyro Wrap ♦

The Super Gyro Wrap is a delicious and satisfying meal that can be enjoyed for lunch or dinner. It consists of a warm pita bread filled with flavorful gyro meat, fresh vegetables, and a tangy tzatziki sauce. This wrap is perfect for meat lovers and is sure to be a crowd-pleaser.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	pita bread
300 g	Gyro Meat
100 g	Tomatoes
100 g	cucumbers
50 g	Red Onions

100 g tzatziki sauce

Directions

Step 1

Oven

Warm the pita bread in a toaster or oven.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the tomatoes, cucumbers, and red onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Cook the gyro meat according to the package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Spread tzatziki sauce on the warmed pita bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Layer the gyro meat, tomatoes, cucumbers, and red onions on top of the tzatziki sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Fold the pita bread to form a wrap.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	6 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Salads

Soups

Snacks

Cultural

Chinese New Year

Ramadan

Diet

Atkins Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Gerson Therapy

The Mayo Clinic Diet

The Beverly Hills Diet

The Rice Diet

The Werewolf Diet

The SlimFast Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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