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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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