

Brie Cheese Turkey Wrap

Ingredients	
Wrap bread, mixed grain	1 round wrap (25cm diameter)
Tzatziki dip	1 tablespoon (20mL)
Beetroot relish/chutney	1 tablespoon (20mL)
Turkey slices (pre-packed or deli purchased)	3 regular slice
Cheese, brie	0.33 cup (250mL)
Rocket leaves, raw	0.33 cup (250mL)



Makes 1 Serves (258g per serve)

Meal Time

Lunch

Description

Lunch on the go? This turkey wrap is sure to satisfy your wants and needs!

Methods

1. Layer the wrap with dip and relish.
2. Line with turkey and cheese.
3. Add the leaves, before rolling up to serve.

Meal Tags

Halal Friendly, Simple

Nutrition Tags

Egg Free, Seafood Free, High Protein, High Energy Denisty, Medium Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	258g	100.00g
Energy (kJ)	2,323kJ	901kJ
Protein (g)	29g	11g
Fat (g)	28g	11g
Carbohydrate (g)	44g	17g
Sugar (g)	12g	5g
Fibre (g)	3g	1g
Sodium (mg)	1,585mg	614mg