

All About ... TikTok Wholemeal Wrap

Serves: 4



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
	<ul style="list-style-type: none"> • 2 Wholemeal wrap 4 pieces • Tuna flakes in water 1 can • Plain yoghurt 1 tbsp • Mozzarella cheese ½ cup • 2 eggs • Lettuce ½ cup • Cucumber ½ medium • Tomatoes 1 cup 	Energy (kcal)
Carbohydrate (g)		25.3
Protein (g)		18.9
Fat (g)		8.7
Saturated Fat (g)		4.2
Sodium (mg)		530

Methods

1. Crack and beat eggs in a bowl. Microwave for 30seconds and set aside.
2. In a small bowl, mix tuna flakes and plain yoghurt together and set aside.
3. Thinly slice cucumber, tomatoes and lettuce. Set aside the sliced vegetables.
4. Cut the wholemeal wrap halfway through on one side. Make sure not to cut the wrap in half.
5. Starting from one of your cut corners, fold each corner in so each filling has its own little pocket.
6. Press it in a panini pan or cook on a heated skillet on both sides
7. Serve on a plate or pack in a bag to go.

NUTRITION & DIETETICS DEPARTMENT

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