



# Avocado and cheese wrap

10'  
Hands on

2-4  
Portion(s)

1  
Difficulty



## Method

- Wash the lettuce leaves, the tomato, and let them drain well.
- Cut the tomato into thin slices.
- Spread the tortillas with the mustard.
- On top of the mustard, add the avocado slices, lettuce leaves, tomato, salt, pepper, and the grated gruyere.
- Wrap the tortillas, firstly in parchment paper and then in tin foil, cut them into 2-4 pieces, and [serve](#) them.

## Ingredients

- 200 g lettuce leaves, large
- 1 tomato
- 1 teaspoon(s) mustard
- 2 tortillas, large, at room temperature
- 1 avocado(s), ripe, peeled, without the pit and cut into thin slices
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) pepper
- 2-4 tablespoon(s) gruyere cheese, grated

## Διατροφικός πίνακας

Nutrition information per portion

231 Calories (kcal)	13.0 Total Fat (g)	5.7 Saturated Fat (g)	17.0 Total Carbs (g)
12%	19%	29%	7%
2.7 Sugars (g)	8.0 Protein (g)	3.3 Fibre (g)	1.5 Sodium (g)
3%	16%	14%	25%