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Ranch Chicken Wrap ♦

A delicious wrap filled with grilled chicken and ranch dressing. Perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	grilled chicken
4 pieces	flour tortillas
4 tbsp	ranch dressing
100 g	lettuce
100 g	Tomato
100 g	Cheese

Directions

Step 1

Grilling

Grill the chicken until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Microwaving

Warm the tortillas in a pan or microwave.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Spread ranch dressing on each tortilla.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Top with grilled chicken, lettuce, tomato, and cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Roll up the tortillas tightly and cut in half.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	2 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%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Events

Picnic

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Cost

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Difficulty Level

Medium

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