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California Cobb Wrap ♦

The California Cobb Wrap is a delicious and nutritious wrap filled with fresh ingredients. It is a popular choice for a quick and healthy lunch or dinner. The wrap is made with sliced avocado, grilled chicken, crispy bacon, hard-boiled eggs, cherry tomatoes, and crumbled blue cheese. It is then drizzled with a tangy ranch dressing and wrapped in a soft tortilla. The combination of flavors and textures makes this wrap a satisfying and flavorful meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Avocado
300 g	grilled chicken
100 g	bacon

200 g	hard-boiled eggs
150 g	Cherry Tomatoes
100 g	Blue cheese
100 g	ranch dressing
100 g	tortilla

Directions

Step 1

Cut

Slice the avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Grill the chicken until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Cut

Peel and slice the hard-boiled eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cut

Halve the cherry tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cut

Crumble the blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Drizzle the ranch dressing over the tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Layering

Layer the avocado, grilled chicken, bacon, hard-boiled eggs, cherry tomatoes, and blue cheese on the tortilla.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Rolling

Roll the tortilla tightly to form a wrap.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	150 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	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Barbecue Game Day

Meal Type

Breakfast Lunch Snack Supper

Course

Main Dishes Salads Snacks

Cultural

Chinese New Year Diwali Passover Thanksgiving Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Difficulty Level

Easy

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