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# Wild West BBQ Wrap \*

The Wild West BBQ Wrap is a delicious and hearty wrap filled with smoky barbecue flavors. It is a perfect meal for meat lovers who enjoy a touch of the Wild West. The wrap is made with tender grilled chicken, tangy barbecue sauce, crispy bacon, and fresh vegetables. It is a crowd-pleasing recipe that can be enjoyed as a lunch or dinner option.

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

400 g	grilled chicken breast
8 tbsp	barbecue sauce
8 strips	bacon
4 pieces	flour tortillas

100 g	lettuce
100 g	Tomato
50 g	red onion

## Directions

#### Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

### Step 2

#### Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

### Step 3



Slice the grilled chicken, bacon, lettuce, tomato, and red onion.

#### Prep Time: 5 mins

Cook Time: 0 mins

#### Step 4

Microwaving

Warm the flour tortillas in a pan or microwave.

Prep Time: 0 mins

Cook Time: 2 mins

### Step 5

Spread barbecue sauce on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

### Step 6

Layer the sliced ingredients on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins



Cut

Roll up the tortillas tightly and cut in half.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 380 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 40 g

## **Nutrition Facts**

### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

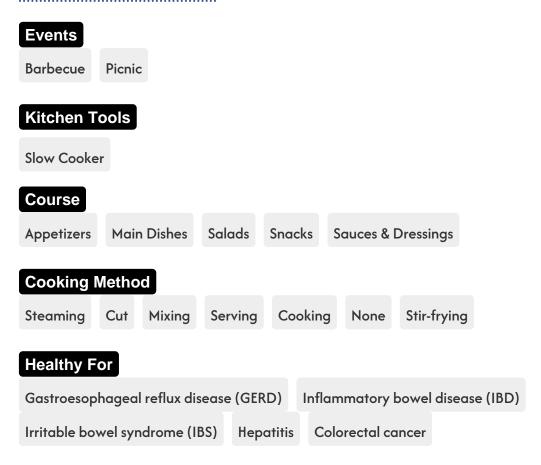
### Vitamins

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	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## **Recipe Attributes**



### Meal Type

Lunch Dinner

er Snack

### Difficulty Level

Medium

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