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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

Cutting

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

Step 7

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

Events

Barbecue

Picnic

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cut

Mixing

Serving

Cooking

None

Stir-frying

Healthy For

Gastroesophageal reflux disease (GERD)

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Hepatitis

Colorectal cancer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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