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Chipotle Chicken Snack Wrapper ♦♦

The Chipotle Chicken Snack Wrapper is a delicious and flavorful snack that combines tender chicken, smoky chipotle sauce, and fresh vegetables wrapped in a soft tortilla. It is perfect for a quick and satisfying meal or snack on the go.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	chicken breast
4 tbsp	chipotle sauce
4 pieces	tortillas
100 g	lettuce
100 g	Tomato

50 g onion

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Cutting

Slice the grilled chicken into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Microwaving

Warm the tortillas in a pan or microwave.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Spreading

Spread chipotle sauce on each tortilla.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Assembling

Place lettuce, tomato, onion, and sliced chicken on each tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Roll up the tortillas tightly and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 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)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	45 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	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	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic

Cuisines

Mexican

American

Middle Eastern

Course

Snacks

Appetizers

Side Dishes

Cultural

Chinese New Year

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Snack

Difficulty Level

Easy

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