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Premium McWrap Chicken and Ranch Grilled ♦♦

The Premium McWrap Chicken and Ranch Grilled is a delicious and satisfying wrap made with grilled chicken, ranch dressing, and a variety of fresh vegetables. It is a popular menu item at McDonald's and is enjoyed by customers of all ages. The wrap is prepared by grilling the chicken and assembling it with the other ingredients in a tortilla. It is a great option for a quick and tasty meal on the go.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 150 grams

Number of Servings: 2

Serving Size: 75 g

Ingredients

150 g	grilled chicken breast
75 g	tortilla
30 g	ranch dressing

20 g	lettuce
20 g	Tomato
10 g	cucumber

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Microwaving, stove

Warm the tortilla in a microwave or on a stove.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Spread ranch dressing on the tortilla.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cutting

Add grilled chicken, lettuce, tomato, and cucumber to the tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Roll the tortilla tightly to form a wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Cut

Cut the wrap in half for serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	40 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	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill Slow Cooker

Course

Drinks Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo

Cost

Over \$50

Demographics

Kids Friendly Teen Friendly Pregnancy Safe Lactation Friendly

Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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