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## Chicken Parmigana Wrap ·•

A delicious and satisfying wrap filled with breaded chicken, marinara sauce, and melted cheese.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	chicken breast
<b>100 g</b>	breadcrumbs
<b>1 pieces</b>	Egg
<b>4 pieces</b>	flour tortillas
<b>1 c</b>	marinara sauce

200 g	mozzarella cheese
50 g	parmesan cheese
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Pound the chicken breasts to an even thickness, then season with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

Dip the chicken breasts in beaten egg, then coat with breadcrumbs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Frying

Heat olive oil in a skillet over medium heat. Cook the chicken breasts until golden brown on both sides.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

Spreading

Spread marinara sauce on each flour tortilla. Place a breaded chicken breast on top, then sprinkle with mozzarella and Parmesan cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Rolling

Roll up the tortillas tightly, tucking in the sides as you go.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

**Baking**

Place the wrapped tortillas on a baking sheet and bake in the preheated oven for 5 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 8

**Serving**

Slice the chicken Parmigiana wraps in half and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

# Recipe Attributes

## Cuisines

Italian

## Course

Appetizers

Main Dishes

Side Dishes

Snacks

## Cultural

Chinese New Year

## Demographics

Senior Friendly

## Diet

Okinawa Diet

Vegan Diet

Pescatarian Diet

Fruitarian Diet

Gluten-Free Diet

The Fast Metabolism Diet

The 80/10/10 Diet

The Scarsdale Diet

The Werewolf Diet

The Master Cleanse Diet

The Cambridge Diet

The 3-Day Diet

The Eat-Clean Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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