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## Chicken Club Salad Wrap · ·

The Chicken Club Salad Wrap is a delicious and satisfying meal that combines the flavors of a classic club sandwich with the freshness of a salad. It features grilled chicken, crispy bacon, ripe tomatoes, creamy avocado, and crisp lettuce, all wrapped in a soft tortilla. This recipe is perfect for a quick and easy lunch or dinner.

**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
100 g	bacon
200 g	Tomatoes
200 g	Avocado
150 g	lettuce

400 g tortilla

## Directions

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### Step 1

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Cutting

Slice the tomatoes and avocado.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Washing

Wash and dry the lettuce leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Microwaving

Warm the tortilla in a pan or microwave.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 6

### Assembly

Assemble the wrap by placing the grilled chicken, bacon, tomatoes, avocado, and lettuce on the tortilla. Roll it up tightly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 25 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	25 g	45.45%	50%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
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	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	15 mg	0.44%	0.58%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Events

Picnic

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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