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## Chipotle Chicken Philly ♦♦

The Chipotle Chicken Philly is a delicious and flavorful wrap made with tomato wrap, chipotle chicken, and other tasty ingredients. It is a perfect combination of smoky and spicy flavors, and it's a great option for a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|       |                  |
|-------|------------------|
| 125 g | tomato wrap      |
| 300 g | chipotle chicken |
| 50 g  | onion            |
| 50 g  | bell pepper      |
| 100 g | cheese           |

|      |            |
|------|------------|
| 30 g | mayonnaise |
| 50 g | lettuce    |
| 50 g | Tomato     |
| 5 g  | salt       |
| 5 g  | pepper     |

## Directions

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### Step 1

Stove

Heat a pan over medium heat and cook the chipotle chicken until fully cooked.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

Stove

In the same pan, sauté the onion and bell pepper until they are soft and slightly caramelized.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

## Microwave

Warm the tomato wrap in a microwave or oven.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 4

Spread mayonnaise on the tomato wrap.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 5

Layer the chipotle chicken, sautéed onion and bell pepper, lettuce, tomato, and cheese on the tomato wrap.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 6

Season with salt and pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 7

Fold the wrap and secure it with toothpicks if necessary.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 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        | 5 g  | 13.16% | 20% |
| Sugars        | 5 g  | N/A    | N/A |
| Lactose       | 0 g  | N/A    | N/A |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g   | N/A                    | N/A                      |
| Saturated Fat       | 5 g   | 22.73%                 | 29.41%                   |
| Fat                 | 15 g  | 53.57%                 | 60%                      |
| Cholesterol         | 60 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 | 8 mcg | 333.33%                | 333.33%                  |
| Vitamin E   | 6 mg  | 40%                    | 40%                      |
| Vitamin D   | 2 mcg | 13.33%                 | 13.33%                   |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 800 mg | 34.78%                 | 34.78%                   |
| Calcium   | 20 mg  | 2%                     | 2%                       |
| Iron      | 15 mg  | 187.5%                 | 83.33%                   |
| Potassium | 10 mg  | 0.29%                  | 0.38%                    |
| Zinc      | 15 mg  | 136.36%                | 187.5%                   |
| Selenium  | 20 mcg | 36.36%                 | 36.36%                   |

## Recipe Attributes

### Cuisines

Italian Mexican French American

### Course

Appetizers Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Ramadan Thanksgiving

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

### Demographics

Teen Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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