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Wrap Chicken *

A delicious chicken wrap recipe that is perfect for a quick and easy meal. The chicken is seasoned and grilled to perfection, then wrapped in a tortilla with your favorite toppings.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 10 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
4 pieces	tortillas
100 g	lettuce
100 g	Tomato
50 g	onion
50 g	mayonnaise

30 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Grilling

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Slice the cooked chicken breast into thin strips.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Microwaving

Warm the tortillas in a pan or microwave.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Spreading

Spread mayonnaise and mustard on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Layering

Layer the sliced chicken, lettuce, tomato, and onion on the tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Rolling

Roll up the tortillas tightly to form wraps.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	3 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	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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker Blender

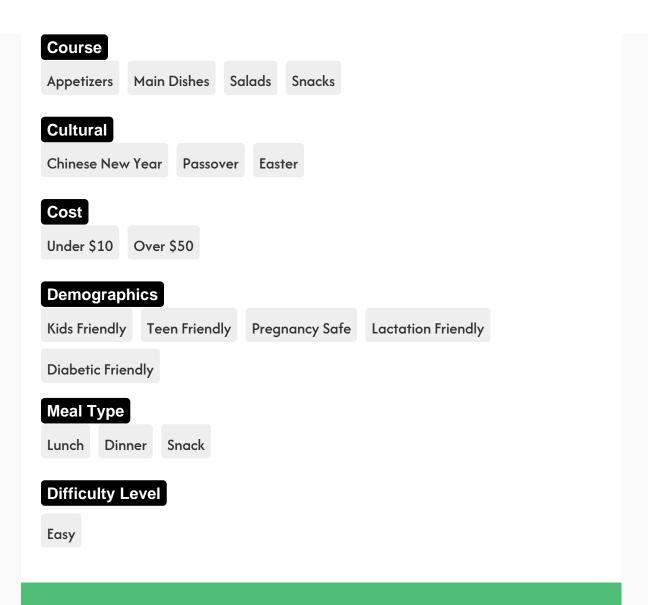
Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet



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