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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

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### Step 1

Grilling

Season the chicken breast with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Cutting

Slice the cooked chicken breast into thin strips.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Microwaving

Warm the tortillas in a pan or microwave.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 5

Spreading

Spread mayonnaise and mustard on the tortillas.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Layering

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## 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

## Course

Appetizers

Main Dishes

Salads

Snacks

## Cultural

Chinese New Year

Passover

Easter

## Cost

Under \$10

Over \$50

## Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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