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Fajita Chicken Wrap

A delicious wrap filled with grilled chicken, sautéed peppers and onions, and flavorful spices. 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: 200 grams Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	chicken breast
200 g	Bell peppers
100 g	onion
2 tsp	fajita seasoning
4 pieces	flour tortillas
100 g	sour cream

100 g	salsa
50 g	lettuce

Directions

Step 1



Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat a pan over medium heat and add the chicken strips. Cook until browned and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3



Slice the bell peppers and onion into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Heat a pan over medium heat and add the sliced bell peppers and onion. Cook until softened and slightly charred.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Add the fajita seasoning to the cooked chicken and vegetables. Stir to combine and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Microwave

Warm the flour tortillas in a dry pan or microwave.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Spread sour cream and salsa on each tortilla. Top with the chicken and vegetable mixture. Add lettuce for freshness.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Roll up the tortillas tightly and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 6 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

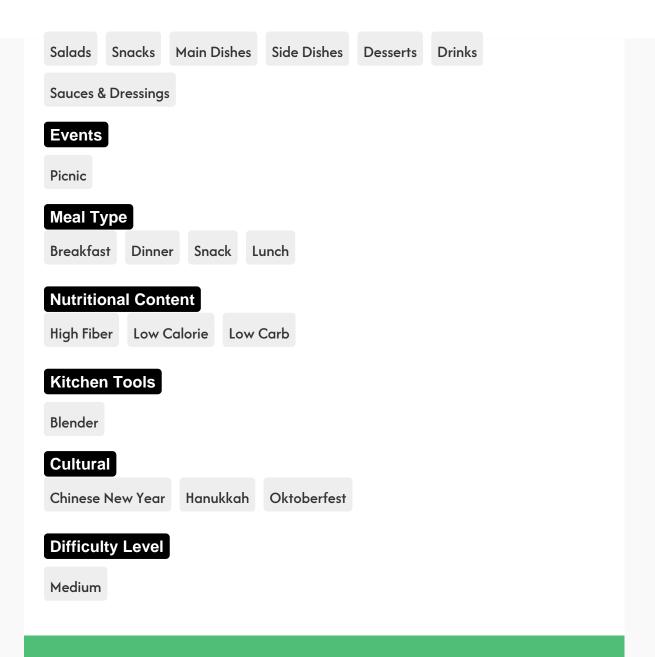
Recipe Attributes

Cuisines

Mexican

American

Course



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