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## Fajita Chicken Wrap <sup>••</sup>

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

Cut

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

Cut

Slice the bell peppers and onion into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## 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

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## Step 6

Microwave

Warm the flour tortillas in a dry pan or microwave.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## 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

Salads

Snacks

Main Dishes

Side Dishes

Desserts

Drinks

Sauces & Dressings

## Events

Picnic

## Meal Type

Breakfast

Dinner

Snack

Lunch

## Nutritional Content

High Fiber

Low Calorie

Low Carb

## Kitchen Tools

Blender

## Cultural

Chinese New Year

Hanukkah

Oktoberfest

## Difficulty Level

Medium

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