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Chicken Spinach Wrap

A delicious wrap filled with grilled chicken and fresh spinach. Perfect for a quick and healthy lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	chicken breast
200 g	spinach
4 pieces	whole wheat tortillas
2 tbsp	olive oil
1 tsp	Salt
1 tsp	Pepper

1 tsp	Garlic powder
2 tbsp	lemon juice
4 tbsp	greek yogurt
1 pieces	Tomato
1 pieces	red onion

Directions

Step 1

Grilling

Preheat the grill and season the chicken breast with salt, pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the chicken breast until cooked through, about 5-6 minutes per side. Let it rest for a few minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Mixing

In a small bowl, mix together the Greek yogurt and lemon juice to make a dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Spreading

Spread the Greek yogurt dressing on each tortilla.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Assembling

Top each tortilla with sliced grilled chicken, spinach, tomato, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Rolling

Roll up the tortillas tightly and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 18 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	45 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	60 iu	6.67%	8.57%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
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	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Lunch

Dinner

Snack

Course

Salads

Snacks

Side Dishes

Sauces & Dressings

Cultural

Diwali

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Cooking Method

Steaming

Simmering

Cut

Serving

Cooking

Stir-frying

Mashing

Preheating

Heating

Refrigerating

Oven

Difficulty Level

Medium

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