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## Hawaiian BBQ Chicken Wraps ♦♦

Hawaiian BBQ Chicken Wraps are a delicious and flavorful dish that combines the sweetness of pineapple with the smoky and tangy flavors of BBQ sauce. This dish is perfect for a quick and easy weeknight dinner or a fun and casual gathering with friends and family. The chicken is marinated in a homemade BBQ sauce and grilled to perfection, then wrapped in a soft tortilla with fresh lettuce, tomatoes, and pineapple chunks. It's a satisfying and tropical meal that will transport you to the beautiful beaches of Hawaii.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
1 c	bbq sauce
1 c	Pineapple Chunks

2 c	lettuce
1 c	Tomatoes
4 pieces	tortillas

## Directions

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### Step 1

#### Marinating

Marinate the chicken breast in the BBQ sauce for at least 1 hour.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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### Step 2

#### Preheating

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Grilling

Grill the chicken for 6-8 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

Resting, cutting

Let the chicken rest for 5 minutes, then slice it into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Grilling, microwaving

Warm the tortillas on the grill or in a microwave.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Assembling

Assemble the wraps by placing lettuce, tomatoes, pineapple chunks, and sliced chicken on each tortilla. Roll up tightly and serve.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 300 kcal

Fat: 5 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	3 g	7.89%	12%
Sugars	12 g	N/A	N/A
Lactose	0 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	5 g	17.86%	20%
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	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Events

Barbecue Game Day

### Course

Snacks

### Cultural

Cinco de Mayo

### Demographics

Allergy Friendly Diabetic Friendly

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Lacto-Ovo Vegetarian Diet

Low Sodium Diet

### Cooking Method

Steaming Microwaving Simmering Cooking None Sprinkling

Preparation Oven Stove

### Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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