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Chicken Wrap

A delicious and satisfying chicken wrap that is perfect for a quick and easy meal. The chicken is seasoned with a blend of spices and cooked to perfection, then wrapped in a soft tortilla with fresh vegetables and a creamy dressing. It's the perfect combination of flavors and textures.

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	tortilla
100 g	lettuce
100 g	Tomato

100 g	cucumber
50 g	mayonnaise
50 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Grilling

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Cook the chicken breast on a grill or stovetop until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Slice the cooked chicken into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spreading

Spread mayonnaise and mustard on each tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Assembling

Place lettuce, tomato, cucumber, and sliced chicken on each tortilla.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Roll up the tortillas tightly and serve.

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	5 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	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Course

Drinks Main Dishes Salads Snacks

Events

Picnic

Cuisines

Italian Indian American

Meal Type

Breakfast Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron

Difficulty Level

Easy

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