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## Bacon & Chicken Wrap \*

A delicious wrap filled with crispy bacon and tender chicken.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 20 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

200 g	bacon
300 g	chicken breast
4 pieces	tortilla wrap
100 g	lettuce
100 g	Tomato
50 g	mayonnaise

5 g	Salt
2 g	Pepper

## **Directions**

#### Step 1

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

#### Step 2

Grilling

Grill the chicken breast until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

#### Step 3

Cutting

Slice the bacon and chicken into strips.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 4

Microwaving

Warm the tortilla wraps in a pan or microwave.

Prep Time: 2 mins

Cook Time: 2 mins

#### Step 5

Spreading

Spread mayonnaise on each tortilla wrap.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 6

Layering

Layer lettuce, tomato, bacon, and chicken on each tortilla wrap.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 7



Season with salt and pepper to taste.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 8



Roll up the wraps tightly and serve.

Prep Time: 2 mins

Cook Time: 0 mins

#### **Nutrition Facts**

Calories: 400 kcal

**Fat:** 20 g

Protein: 25 g

Carbohydrates: 30 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	50 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	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
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	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

# **Recipe Attributes**

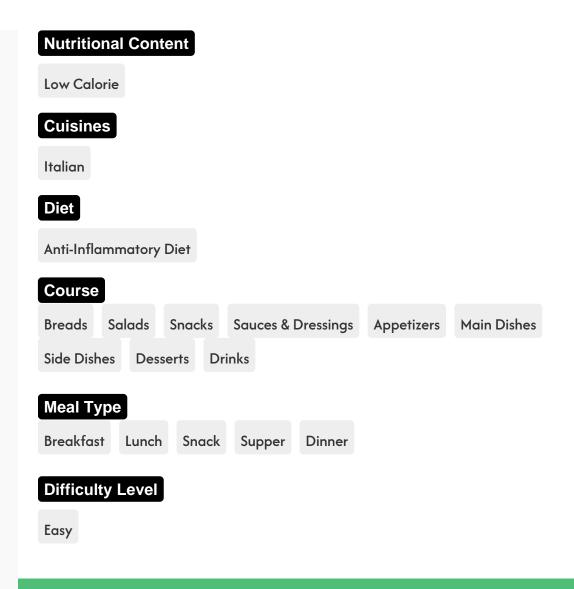
Seasonality

Fall

Kitchen Tools

Slow Cooker Blender

Grill



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