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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

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### Step 1

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Cutting

Slice the bacon and chicken into strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Microwaving

Warm the tortilla wraps in a pan or microwave.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 5

Spreading

Spread mayonnaise on each tortilla wrap.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Layering

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

## Seasoning

Season with salt and pepper to taste.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 8

### Rolling

Roll up the wraps tightly and serve.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

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## 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) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|             |        |         |         |
|-------------|--------|---------|---------|
| 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

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Breads

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

## Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

## Difficulty Level

Easy

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