



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Apricot Chicken Salad Wrap ♦♦

This delicious Apricot Chicken Salad Wrap is a perfect combination of sweet and savory flavors. It is made with tender chicken, juicy apricots, crunchy vegetables, and a tangy dressing. The wrap is light and refreshing, making it an ideal choice for a quick and healthy lunch or dinner.

**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

400 g	chicken breast
200 g	Apricots
100 g	lettuce
50 g	Carrots
50 g	Red Bell Pepper

25 g	Green Onions
50 g	mayonnaise
25 g	dijon mustard
30 ml	lemon juice
5 g	salt
2 g	black pepper
400 g	whole wheat wraps

## Directions

---

### Step 1

#### Grilling

Grill the chicken breast until cooked through. Let it cool and then shred it into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

---

### Step 2

#### Cutting

In a large bowl, combine the shredded chicken, diced apricots, chopped lettuce, grated carrots, sliced red bell pepper, and chopped green onions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Mixing

In a small bowl, whisk together the mayonnaise, Dijon mustard, lemon juice, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Mixing

Pour the dressing over the chicken and vegetable mixture. Toss well to coat everything evenly.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 5

#### Microwaving

Warm the whole wheat wraps according to the package instructions.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 6

#### Rolling

Divide the chicken salad mixture evenly among the warmed wraps. Roll them up tightly and serve.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 25 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	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	10 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	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer

### Events

Christmas

Thanksgiving

Picnic

### Cuisines

Italian

Indian

Mexican

Thai

Mediterranean

American

### Nutritional Content

Low Fat

## Course

Main Dishes

Salads

Sauces & Dressings

## Demographics

Pregnancy Safe

## Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

## Cooking Method

Steaming

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)