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Grilled Chicken Caesar Garden Fresh Salad Wrap ✦

This grilled chicken Caesar garden fresh salad wrap is a delicious and healthy option for a quick and satisfying meal. The wrap combines grilled chicken, fresh vegetables, and a creamy Caesar dressing, all wrapped in a soft tortilla. It's a perfect option for lunch or dinner, and can be enjoyed on its own or paired with a side of soup or fries. The recipe is easy to make and can be customized to suit your taste preferences.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 3

Serving Size: 100 g

Ingredients

300 g	grilled chicken breast
150 g	Romaine Lettuce
100 g	Cherry Tomatoes

100 g	cucumber
50 g	red onion
50 g	caesar dressing
300 g	tortilla wrap

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the grilled chicken into strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Wash and chop the romaine lettuce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Slice the cherry tomatoes in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Peel and slice the cucumber.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cutting

Thinly slice the red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Spread Caesar dressing on the tortilla wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Layer the grilled chicken, romaine lettuce, cherry tomatoes, cucumber, and red onion on the tortilla wrap.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Roll the tortilla wrap tightly, tucking in the sides as you go.

Prep Time: 1 mins

Cook Time: 0 mins

Step 10

Cutting

Cut the wrap in half diagonally.

Prep Time: 1 mins

Cook Time: 0 mins

Step 11

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%

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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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