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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



Peel and slice the cucumber.

Prep Time: 2 mins

Cook Time: 0 mins

## Step 6



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



Cut the wrap in half diagonally.

Prep Time: 1 mins

Cook Time: 0 mins

## Step 11



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

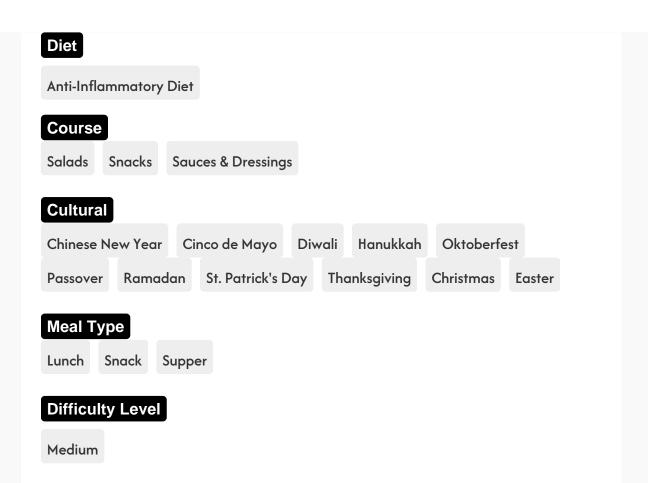
Blender

**Nutritional Content** 

Low Calorie

Cuisines

Italian



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