



## CHICKEN WRAP

🕒 10 minutes

🕒 15 minutes

🍴 1 portion

## INGREDIENTS

- 30 grams of wrap Wholesome Wheat Toufayan ( 1 unit wrap)
- 120 grams of chicken, breast, without skin, cooked
- 30 grams of pepper, sweet, red, raw
- 1 medium unit of tomatoes, red, ripe, cooked [123 g]
- 1/4 cup, crumbled of cheese, feta [38 g]
- 1 tbsp of vinegar, balsamic [16 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 5 grams of basil, fresh or 5 grams of spices, basil, dried
- 1 medium slice (1/8" thick) of onions, raw [14 g]
- 1/4 cup shredded of lettuce, cos or romaine, raw [12 g]

## COOKING METHOD

- 1° Combine, vinegar, oil, and chopped basil in large bowl. Transfer half of vinegar mixture to medium bowl. Add chicken to vinegar mixture and toss to coat. Add bell peppers and onion and toss to coat. Cover and refrigerate 1 hour.
- 2° Spray grill rack and grill topper with nonstick spray. Preheat grill to medium or prepare medium fire.
- 3° Remove chicken and vegetables from marinade and discard marinade. Sprinkle chicken and vegetables with salt and black pepper. Place chicken on grill rack and vegetables on grill topper and grill, turning occasionally, until chicken is cooked through and vegetables are lightly browned and crisp-tender, 8 minutes for chicken and 10 minutes for vegetables. Thinly slice chicken and bell peppers.
- 4° Place chicken and vegetables on each wrap. Top evenly with whole basil leaves, tomato slices, and feta. Roll up and cut in half diagonally.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (401 g)	% DRI
ENERGY	121 kcal	485 kcal	24 %
FAT	6 g	25 g	39 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	39 %
CHOLESTEROL	29 mg	118 mg	39 %
SODIUM	131 mg	523 mg	22 %
CARBOHYDRATE	6 g	23 g	8 %
SUGARS	2 g	8 g	—
FIBER	1 g	3 g	14 %
PROTEIN	11 g	44 g	—