

## MEDITERRANEAN GRILLED CHICKEN WRAP

🕒 15 minutes

🕒 25 minutes

🍽️ 4 portions

### INGREDIENTS

- 24 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw [678 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 portion of greek Vinaigrette Dressing [9 g]
- 4 tortillas of tortillas, ready-to-bake or -fry, flour, refrigerated [192 g]
- 3/4 cup of hummus, commercial [185 g]
- 3 cups shredded of lettuce, cos or romaine, raw [141 g]
- 200 grams of roma tomatoes
- 1 cup slices of cucumber, with peel, raw [104 g]
- 1/2 cup, crumbled of cheese, feta [75 g]
- 1 dash of salt, table [0 g]
- 1 tsp, ground of spices, pepper, black [2 g]

### COOKING METHOD

- 1° Sautee chicken until thoroughly cooked (until internal temperature reaches 165 degrees Fahrenheit), season to preference with black pepper and a dash of sea salt or Himalayan salt.
- 2° While chicken is cooking, wash thoroughly Roma tomatoes and cucumbers, dice and set aside in bowls for serving.
- 3° Once chicken is cooked, diced into cube sized portions, heat tortillas until just warm. Line each tortilla with hummus and top with diced chicken, and toppings of choice. Roll tortilla and enjoy!!

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (400 g)	% DRI
ENERGY	142 kcal	569 kcal	28 %
FAT	6 g	25 g	39 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	33 %
CHOLESTEROL	35 mg	140 mg	47 %
SODIUM	221 mg	883 mg	37 %
CARBOHYDRATE	9 g	36 g	12 %
SUGARS	1 g	4 g	—
FIBER	1 g	6 g	23 %
PROTEIN	12 g	49 g	—