

Mexican Chicken Wrap

Yield: 4 min
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-chicken-wrap-recipe>

Ingredients:

- 1/2 cup salsa
- 1/4 cup mayonnaise
- 1 tablespoon vegetable oil
- 2 boneless, skinless chicken breasts diced
- 1/4 cup onions sliced
- 1 green chiles ounce can of
- 4 flour tortillas
- 1 1/2 cups cheddar cheese grated
- 4 leaves romaine lettuce
- tomatoes optional

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 930 milligrams
9. Sugar: 5 grams

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