

Italian Grilled Chicken Wrap

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tortilla-recipe>

Ingredients:

- peppers
- onions
- Italian dressing
- tortilla or wrap
- grilled chicken strips
- spinach
- basil
- mozzarella or provolone, optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 13 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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