

# Chicken Club Wrap

Yield: 4 min  
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chalet-club-wrap-recipe>

## Ingredients:

- 4 whole wheat tortillas Mission® Life Balance®
- 4 tablespoons light mayonnaise
- 1 cup lettuce shredded
- 1 tomato thinly sliced
- 1 red onion thinly sliced
- 4 strips bacon fully cooked, microwave to crispy
- 1 avocado peeled, pitted and sliced lengthwise
- 12 slices chicken breast oven-roasted deli-sliced

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 210 milligrams
4. Fat: 40 grams
5. Fiber: 7 grams
6. Protein: 73 grams
7. SaturatedFat: 10 grams
8. Sodium: 1130 milligrams
9. Sugar: 5 grams

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