

Quick and Cheesy Garlic Chicken Wraps: A Flavor Explosion

If you're looking for a quick, easy, and utterly delicious meal, look no further than these



TIME
1-2 min

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INGREDIENTS

2 cups cooked, shredded chicken (rotisserie works great!)

1 cup shredded mozzarella cheese

1/2 cup shredded cheddar cheese

3 tablespoons cream cheese, softened

2 tablespoons butter

2 teaspoons minced garlic

1 teaspoon garlic powder

1/2 teaspoon onion powder

Salt and pepper, to taste

4 large flour tortillas

Baby spinach or arugula

Sliced tomatoes

Ranch dressing or garlic aioli

Instructions:

1. Prepare the Garlic Sauce:

In a small skillet, melt the butter over medium heat.

Add the minced garlic and cook for 1-2 minutes until fragrant. Set aside.

2. Make the Chicken Filling:

In a large bowl, combine the shredded chicken, mozzarella, cheddar, cream cheese, garlic butter, garlic powder, onion powder, salt, and pepper.

Mix until well blended.

3. Assemble the Wraps:

Lay a tortilla flat and spoon about 1/4 of the chicken mixture onto the center.

Add any desired toppings, then fold in the sides and roll tightly into a wrap.

4. Toast the Wraps:

Heat a large skillet or grill pan over medium heat.

Place the wraps seam-side down and toast for 2-3 minutes per side until golden and crisp.

5. Serve:

Slice in half and serve warm with a side of ranch, salsa, or your favorite dipping sauce.

Nutritional Information (per wrap):

Calories: 450

Protein: 30g

Carbohydrates: 35g

Fat: 25g

Saturated Fat: 12g

Cholesterol: 80mg

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12. Carbohydrates: 35g
13. Fat: 25g
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15. Cholesterol: 80mg
16. Sodium: 600mg
17. Fiber: 2g
18. Sugar: 1g
19. Helpful Cooking Tips: Customize Your Fillings: Feel

free to add in your favorite veggies like bell peppers, onions, or mushrooms for extra flavor and nutrition.

20. **Make : It Spicy:** Add some diced jalapeños or a sprinkle of red pepper flakes to the chicken mixture for a spicy kick!
21. **Meal : Prep:** These wraps can be made ahead of time and stored in the fridge for a quick meal. Just reheat in a skillet or microwave before serving.
22. **Conclusion:** These Cheesy Garlic Chicken Wraps are sure to become a favorite in your household! Whether you enjoy them plain or loaded with your favorite toppings, they're guaranteed to be delicious. We'd love to hear how your wraps turned out! Don't forget to follow us for more tasty recipes and cooking inspiration. Happy cooking! ???

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/quick-and-cheesy-garlic-chicken-wraps-a-flavor-explosion/>