

Bite Spoon

Cheesy Garlic Chicken Wraps – Quick Low Carb Delight

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 4 almond flour tortillas
- [ ] 1 cup shredded mozzarella cheese
- [ ] 2 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Optional Extras

- [ ] 1 tsp smoked paprika
- [ ] Fresh parsley, chopped
- [ ] A pinch of red pepper flakes

Instructions

1. Pat the diced chicken dry, season with salt, pepper, and smoked paprika if using.
2. Heat butter in a skillet over medium-high heat, add minced garlic and sauté until fragrant, about 30 seconds.
3. Add chicken to the pan, cook until golden brown and cooked through, about 5-6 minutes.
4. Warm the almond tortillas in a separate pan for 20 seconds each side, just until pliable.
5. Lay a tortilla flat, sprinkle a generous amount of mozzarella, top with a spoonful of garlic-chicken, drizzle lemon juice, fold, and let the cheese melt for 1-2 minutes.
6. Serve immediately, garnished with chopped parsley and a pinch of red pepper flakes if desired.

Nutrition per serving

320 kcal	28 g	8 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra garlic, add an additional clove to the butter.
- For a milder flavor, swap mozzarella with a blend of cheddar and mozzarella.
- Keep the wraps covered with foil for a minute to retain heat before serving.