



Asian Chicken Salad Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

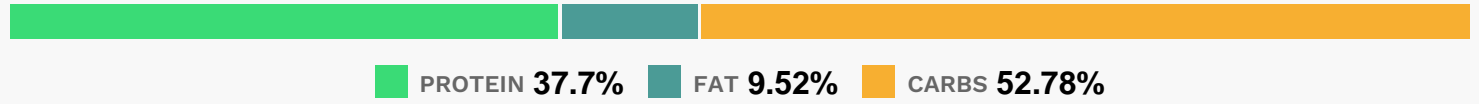
- 1 pound deli chicken salad
- 4 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated
- 0.5 cup crunchy rice noodles (such as La Choy)
- 0.5 cup snow peas fresh thinly sliced
- 4 sun-dried tomato sandwich wraps

Equipment

Directions

- Stir together first 4 ingredients.
- Spread each wrap with 1/2 cup chicken salad mixture; sprinkle each with 1 Tbsp. cilantro.
- Roll up tightly, and cut in half.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:7.02, Inflammation Score:-2, Nutrition Score:5.2921739402025%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 114.21kcal (5.71%), Fat: 1.19g (1.83%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.41g (5.24%), Sugar: 0.71g (0.79%), Cholesterol: 28.92mg (9.64%), Sodium: 614.79mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin B3: 5.22mg (26.08%), Phosphorus: 171.98mg (17.2%), Selenium: 9.77µg (13.95%), Vitamin B6: 0.27mg (13.3%), Potassium: 225.48mg (6.44%), Vitamin B5: 0.61mg (6.09%), Manganese: 0.1mg (5.2%), Magnesium: 18.41mg (4.6%), Vitamin C: 3.77mg (4.57%), Vitamin B2: 0.05mg (2.84%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.76%), Iron: 0.48mg (2.67%), Vitamin K: 2.15µg (2.05%), Folate: 7.21µg (1.8%), Fiber: 0.43g (1.73%), Vitamin A: 86.61IU (1.73%), Copper: 0.03mg (1.51%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.08µg (1.32%), Calcium: 12.88mg (1.29%)