



BBQ Cheddar Chicken Roll-Ups

READY IN



25 min.

SERVINGS



25

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 cup milk cheddar cheese shredded 2% kraft
- 1 large onion thinly sliced
- 1 large and pepper green red cut into strips
- 1 lb chicken breasts boneless skinless cut into strips
- 4 8-inch tortillas whole wheat warmed ()

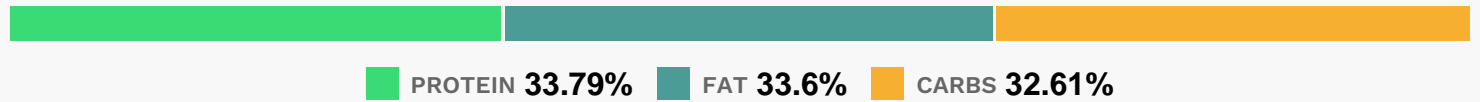
Equipment

- frying pan

Directions

- Cook and stir vegetables in large nonstick skillet on medium-high heat 3 min.
- Add chicken; cook and stir 3 to 4 min. or until no longer pink.
- Stir in barbecue sauce; cook on medium heat 3 min. or until chicken is done, stirring occasionally.
- Spoon down centers of tortillas; top with cheese.
- Roll up.
- Cut diagonally in half to serve.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.6830434630746%

Flavonoids

Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 66.68kcal (3.33%), Fat: 2.46g (3.79%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.81g (1.75%), Sugar: 1.82g (2.02%), Cholesterol: 16.13mg (5.38%), Sodium: 129.94mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Selenium: 7.17µg (10.24%), Vitamin B3: 1.92mg (9.62%), Vitamin B6: 0.15mg (7.46%), Phosphorus: 61.37mg (6.14%), Calcium: 47.06mg (4.71%), Vitamin B5: 0.29mg (2.91%), Potassium: 88.75mg (2.54%), Vitamin B2: 0.04mg (2.46%), Fiber: 0.57g (2.29%), Zinc: 0.29mg (1.92%), Magnesium: 7.1mg (1.78%), Iron: 0.27mg (1.49%), Vitamin B12: 0.08µg (1.4%), Vitamin A: 59.61IU (1.19%), Vitamin B1: 0.02mg (1.11%), Manganese: 0.02mg (1.04%)