



BBQ Chicken Roll-Ups

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



630 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 6 12-inch flour tortillas warmed ()
- 6 cups coleslaw blend (cabbage slaw mix)
- 1 onion thinly sliced
- 1 small pepper and pepper green red cut into strips
- 0.5 cup lite ranch dressing kraft
- 1.5 lb chicken breasts boneless skinless cut into strips

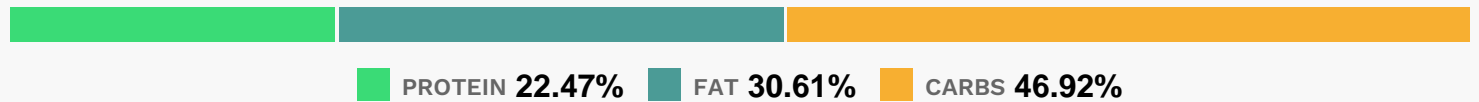
Equipment

frying pan

Directions

- Toss coleslaw blend with dressing; set aside.
- Cook and stir vegetables in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min.
- Add chicken; cook and stir 3 min. or until no longer pink. Stir in barbecue sauce; simmer 3 min. or until chicken is done, stirring occasionally.
- Spoon chicken mixture down centers of tortillas. Top with coleslaw; roll up.
- Cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:19.21, Inflammation Score:-7, Nutrition Score:31.533912964489%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 630.36kcal (31.52%), Fat: 21.19g (32.6%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 66.79g (24.29%), Sugar: 16.1g (17.89%), Cholesterol: 77.77mg (25.92%), Sodium: 1409.63mg (61.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (69.99%), Selenium: 63.03µg (90.04%), Vitamin B3: 17.21mg (86.03%), Vitamin K: 89.21µg (84.96%), Phosphorus: 538.72mg (53.87%), Vitamin B6: 1.05mg (52.49%), Vitamin B1: 0.71mg (47.05%), Manganese: 0.78mg (38.78%), Folate: 146.58µg (36.65%), Vitamin C: 28.48mg (34.52%), Vitamin B2: 0.5mg (29.35%), Iron: 5.15mg (28.63%), Fiber: 6.31g (25.23%), Potassium: 778.15mg (22.23%), Calcium: 218.53mg (21.85%), Vitamin B5: 2.17mg (21.75%), Magnesium: 69.18mg (17.3%), Zinc: 1.5mg (9.97%), Copper: 0.19mg (9.64%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 164.88IU (3.3%)