



BBQ Chicken Salad Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

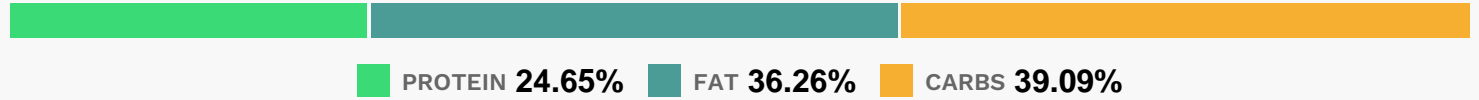
- 0.3 cup bull's-eye original barbecue sauce
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 6-inch flour tortillas ()
- 1 cup iceberg lettuce shredded
- 0.3 cup classic ranch dressing kraft
- 1 bell pepper red cut into thin slices
- 0.3 cup onions red chopped

Equipment

Directions

- Top tortillas with lettuce, chicken, peppers and onions.
- Drizzle with dressing and barbecue sauce; roll up.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:5.36, Inflammation Score:-7, Nutrition Score:14.006521779558%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 271.47kcal (13.57%), Fat: 10.83g (16.66%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 24.04g (8.74%), Sugar: 9.78g (10.87%), Cholesterol: 40.05mg (13.35%), Sodium: 574.92mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.12%), Vitamin C: 39.43mg (47.8%), Vitamin B3: 7.6mg (37.98%), Selenium: 19.28µg (27.55%), Vitamin K: 28.55µg (27.19%), Vitamin A: 1076.7IU (21.53%), Phosphorus: 204.47mg (20.45%), Vitamin B6: 0.4mg (19.84%), Vitamin B1: 0.22mg (14.34%), Folate: 51.66µg (12.92%), Manganese: 0.25mg (12.65%), Vitamin B2: 0.19mg (11.1%), Iron: 1.91mg (10.63%), Fiber: 2.22g (8.89%), Potassium: 300.18mg (8.58%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.1mg (7.3%), Magnesium: 27.84mg (6.96%), Calcium: 67.9mg (6.79%), Zinc: 0.76mg (5.06%), Copper: 0.08mg (4.06%), Vitamin B12: 0.17µg (2.83%)