



WHATSheATE



BBQ Chicken with Blue Cheese Slaw Wraps



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

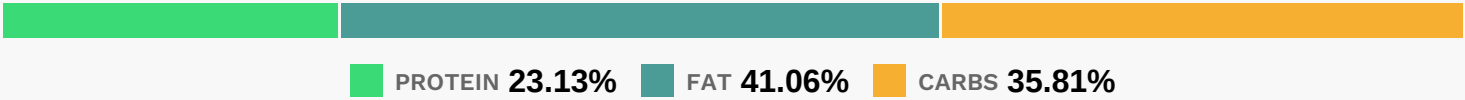
- ☐ 1 cup bbq sauce
- ☐ 1 cup cheddar cheese grated ()
- ☐ 1 cup cheese cole slaw blue
- ☐ 2 cups meat from a rotisserie chicken shredded cooked (warm)
- ☐ 4 8-inch tortillas ()

Equipment

Directions

- ☐ Mix the chicken and the bbq sauce.
- ☐ Assemble wraps.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8.36, Inflammation Score:-6, Nutrition Score:20.068260814833%

Nutrients (% of daily need)

Calories: 630.34kcal (31.52%), Fat: 28.46g (43.78%), Saturated Fat: 14.52g (90.77%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 53.42g (19.42%), Sugar: 25.89g (28.77%), Cholesterol: 106.06mg (35.35%), Sodium: 1737.19mg (75.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.08g (72.16%), Selenium: 42.41µg (60.59%), Phosphorus: 513.76mg (51.38%), Calcium: 484.38mg (48.44%), Vitamin B3: 8.56mg (42.78%), Vitamin B2: 0.54mg (31.78%), Zinc: 3.39mg (22.6%), Vitamin B6: 0.45mg (22.31%), Vitamin B1: 0.33mg (22.29%), Iron: 3.31mg (18.37%), Manganese: 0.36mg (17.99%), Folate: 70.95µg (17.74%), Vitamin B5: 1.58mg (15.82%), Vitamin B12: 0.91µg (15.24%), Vitamin A: 729.44IU (14.59%), Potassium: 498.08mg (14.23%), Magnesium: 50.6mg (12.65%), Fiber: 2.43g (9.71%), Copper: 0.17mg (8.36%), Vitamin K: 6.45µg (6.14%), Vitamin E: 0.87mg (5.79%), Vitamin D: 0.34µg (2.25%)