



BBQ Chicken Wrap

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 2 chicken breast halves shredded cooked
- ☐ 4 8-inch flour tortilla
- ☐ 2 cups romaine leaves (or baby)
- ☐ 1 small onion chopped
- ☐ 1 large tomatoes chopped

Equipment

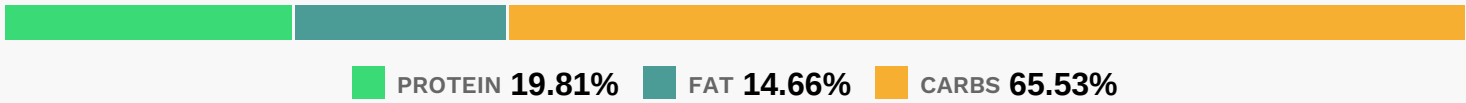
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prep time: 10 minutes Cook time: 11 minutes Preheat oven to 425 degrees. Meanwhile, in a medium skillet coated with cooking spray, cook onion over medium heat until soft, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add chicken and barbecue sauce to pan, stir to combine; return skillet to low heat and cook for 3 to 5 minutes, stirring occasionally, until heated through. Top each tortilla with 1/2 cup spinach, 1/4 cup tomato, and 1/2 cup chicken mixture; wrap and place seam-side down in a shallow baking dish or on a rimmed baking sheet.
- ☐ Bake for 5 minutes until heated through and lightly browned. How kids can help: Tear up the spinach; measure ingredients; top the tortillas with the spinach and chopped tomato.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:23.6430435077%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 376.38kcal (18.82%), Fat: 6.1g (9.38%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 56.86g (20.68%), Sugar: 28.75g (31.95%), Cholesterol: 36.16mg (12.05%), Sodium: 1213.45mg (52.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Vitamin A: 9314.96IU (186.3%), Vitamin B3: 9.34mg (46.69%), Selenium: 31.18µg (44.54%), Manganese: 0.78mg (38.99%), Vitamin C: 29.93mg (36.28%), Vitamin B6: 0.68mg (34.13%), Vitamin B1: 0.45mg (30.15%), Phosphorus: 288.31mg (28.83%), Folate: 106.73µg (26.68%), Potassium: 801.56mg (22.9%), Vitamin B2: 0.37mg (21.88%), Iron: 3.74mg (20.79%), Fiber: 4.45g

(17.82%), Calcium: 152.04mg (15.2%), Magnesium: 57.34mg (14.33%), Vitamin B5: 1.07mg (10.68%), Vitamin E: 1.28mg (8.56%), Vitamin K: 8.74µg (8.32%), Copper: 0.15mg (7.67%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.11µg (1.88%)