



BBQ Chicken Wrap Sandwiches

 Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bull's-eye original barbecue sauce kraft
- 4 6-inch flour tortillas ()
- 1 medium onion sliced
- 2 medium pasilla peppers green red cut into wedges
- 1 lb chicken breasts boneless skinless

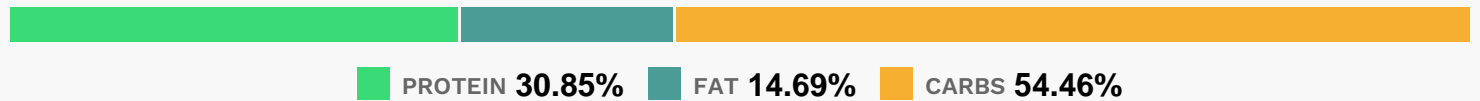
Equipment

- grill

Directions

- Place chicken and vegetables on greased grill over medium coals.
- Grill chicken 6 to 7 minutes on each side or until cooked through and vegetables 4 to 5 minutes on each side or until crisp-tender, brushing each frequently with sauce.
- Slice chicken and vegetables into thin strips. Divide filling among tortillas; roll up.
- Serve with additional barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:5.42, Inflammation Score:-7, Nutrition Score:20.749130166095%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 366.95kcal (18.35%), Fat: 5.91g (9.1%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 46.15g (16.78%), Sugar: 27.44g (30.49%), Cholesterol: 72.57mg (24.19%), Sodium: 1091.68mg (47.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.87%), Vitamin B3: 13.9mg (69.49%), Selenium: 44.04µg (62.92%), Vitamin C: 51.66mg (62.62%), Vitamin B6: 1.09mg (54.35%), Phosphorus: 334.11mg (33.41%), Potassium: 767.23mg (21.92%), Vitamin B1: 0.29mg (19.1%), Vitamin B5: 1.88mg (18.75%), Manganese: 0.36mg (18.17%), Vitamin B2: 0.26mg (15.42%), Magnesium: 54.08mg (13.52%), Fiber: 3.17g (12.69%), Iron: 2.23mg (12.37%), Folate: 45.34µg (11.34%), Calcium: 85.34mg (8.53%), Vitamin A: 414.88IU (8.3%), Copper: 0.16mg (8.16%), Vitamin K: 8.19µg (7.8%), Zinc: 1.06mg (7.08%), Vitamin E: 1.01mg (6.75%), Vitamin B12: 0.23µg (3.78%)