



Bean and Salsa Chicken Wrap

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach fresh shredded whole
- 0.5 cup black bean garlic sauce homemade (recipe below)
- 1 cup cilantro leaves fresh snipped
- 16 servings flour whole wheat
- 0.3 cup salsa
- 2.3 cups turkey breast skinless cooked chopped

Equipment

- food processor

- sauce pan
- blender
- toothpicks

Directions

- Spread Black Bean–Smoked Chile Dip on one side of each tortilla. Top with chicken, romaine, cilantro, and salsa.
- Roll up tortillas. If desired, secure with toothpicks.
- Black Bean–Smoked Chile Dip: In a small saucepan, heat 1 tablespoon canola oil over medium heat.
- Add 3/4 cup finely chopped onion, 1 teaspoon ground coriander, and 1 teaspoon ground cumin; cover and cook about 10 minutes or until very tender, stirring occasionally.
- Remove from heat; stir in 1/4 cup snipped fresh cilantro.
- Transfer onion mixture to a blender or food processor.
- Add one 15-ounce can Progresso black beans, rinsed and drained; 1/2 cup water; 1 tablespoon lime juice; 1 teaspoon finely chopped chipotle chile pepper in adobo sauce; and 1/8 teaspoon salt. Cover and blend or process until nearly smooth.
- Serve immediately, or cover and chill for up to 3 days. Makes 1 2/3 cups.

Nutrition Facts

PROTEIN 65.44% **FAT 14.76%** **CARBS 19.8%**

Properties

Glycemic Index:16, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:25.081304589043%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 203.54kcal (10.18%), Fat: 3.41g (5.24%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.25g (4.72%), Cholesterol: 74.53mg (24.84%), Sodium: 417.41mg (18.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.93%), Vitamin K: 158.06µg (150.53%), Vitamin B3: 14.34mg (71.69%), Vitamin A: 3188.98IU (63.78%), Vitamin B6: 1.18mg (58.95%), Selenium: 34.28µg (48.97%), Phosphorus: 361.8mg (36.18%), Manganese: 0.48mg (23.84%), Folate: 72.75µg (18.19%), Magnesium: 67.16mg (16.79%), Potassium: 578.67mg (16.53%), Vitamin B2: 0.28mg (16.18%), Vitamin B12: 0.87µg (14.49%), Zinc: 2.11mg (14.06%), Iron: 2.45mg (13.61%), Fiber: 3.18g (12.72%), Vitamin C: 9.82mg (11.9%), Vitamin B5: 1.17mg (11.69%), Copper: 0.15mg (7.34%), Vitamin E: 1.02mg (6.79%), Vitamin B1: 0.1mg (6.49%), Calcium: 57.61mg (5.76%)