



Buffalo Chicken and Ranch Wraps

READY IN



65 min.

SERVINGS



12

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound thin- bacon
- 2 tablespoons add carrot and onion to bacon fat . cook
- 0.3 cup buffalo wing sauce
- 2 tablespoons butter melted
- 12 10-inch flour tortillas ()
- 0.8 cup ranch dressing divided
- 3 pounds chicken breast halves boneless skinless cut into bite size pieces
- 1 cup tomatoes fresh diced

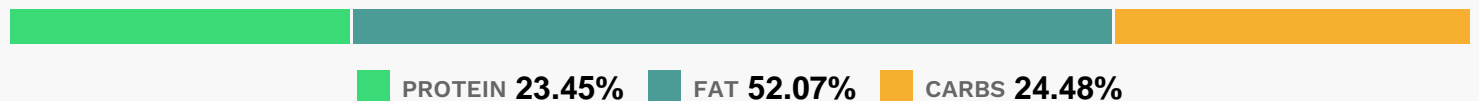
Equipment

- frying pan
- paper towels

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, 10 to 15 minutes.
- Drain the bacon slices on a paper towel-lined plate. Crumble when cool.
- Drain off all but 2 tablespoons of the bacon drippings, and cook and stir the chicken breast chunks until browned, about 10 minutes. Cover the skillet and allow chicken to continue cooking until no longer pink inside and the juices run clear, about 10 more minutes. Stir in the Buffalo sauce and melted butter until chicken is thoroughly coated. Stir in the crumbled bacon. Keep the mixture warm.
- Heat the tortillas, one at a time, in a large ungreased skillet over medium heat until they begin to form air bubbles and small brown spots. Fill each each warmed tortilla with about 1/3 cup of the chicken filling and a tablespoon or so of tomatoes; sprinkle the tomatoes with 1 tablespoon of ranch dressing. Wrap the tortilla around the filling; serve warm.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:11.05, Inflammation Score:-5, Nutrition Score:22.444347899893%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 605.49kcal (30.27%), Fat: 34.45g (52.99%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 33.83g (12.3%), Sugar: 3.63g (4.03%), Cholesterol: 108.66mg (36.22%), Sodium: 1204.55mg (52.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.91g (69.82%), Selenium: 60.04µg (85.78%), Vitamin B3: 16.52mg (82.62%), Vitamin B6: 1.01mg (50.29%), Phosphorus: 468.21mg (46.82%), Vitamin B1:

0.54mg (35.73%), Vitamin K: 26.51µg (25.25%), Vitamin B2: 0.36mg (21.04%), Vitamin B5: 2.07mg (20.74%), Manganese: 0.39mg (19.37%), Folate: 72.87µg (18.22%), Potassium: 621.5mg (17.76%), Iron: 3.19mg (17.75%), Magnesium: 51.58mg (12.9%), Calcium: 115.76mg (11.58%), Fiber: 2.6g (10.4%), Zinc: 1.53mg (10.17%), Vitamin B12: 0.45µg (7.42%), Copper: 0.13mg (6.47%), Vitamin E: 0.85mg (5.64%), Vitamin A: 215.45IU (4.31%), Vitamin C: 3.06mg (3.71%), Vitamin D: 0.34µg (2.25%)