



Buffalo Chicken Wrap Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

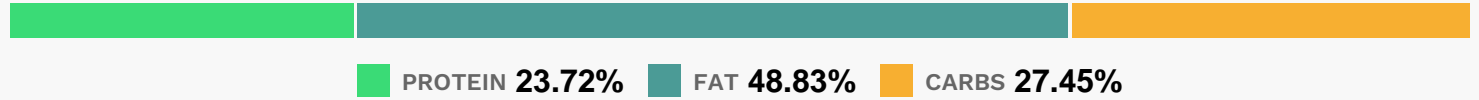
- 6 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 6-inch flour tortilla ()
- 1 romaine leaves
- 1 Tbsp real mayo mayonnaise kraft
- 1 tsp pepper sauce hot

Equipment

Directions

- Mix mayo and hot sauce; spread onto tortilla.
- Top with lettuce and chicken; roll up.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:2.4656521677971%

Nutrients (% of daily need)

Calories: 52.07kcal (2.6%), Fat: 2.82g (4.33%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.41g (0.45%), Cholesterol: 8.5mg (2.83%), Sodium: 236.72mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin B3: 1.59mg (7.96%), Vitamin A: 360.04IU (7.2%), Phosphorus: 51.45mg (5.14%), Selenium: 3.33µg (4.76%), Vitamin K: 4.95µg (4.72%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.04mg (2.83%), Manganese: 0.05mg (2.39%), Folate: 8.67µg (2.17%), Potassium: 70.59mg (2.02%), Vitamin B2: 0.03mg (1.96%), Vitamin C: 1.58mg (1.92%), Iron: 0.33mg (1.82%), Vitamin B5: 0.16mg (1.56%), Magnesium: 5.76mg (1.44%), Calcium: 12.37mg (1.24%), Fiber: 0.26g (1.04%), Vitamin E: 0.15mg (1.01%)