



Buffalo Chicken Wraps

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 0.8 lb breaded chicken tenders frozen
- 2 cups lettuce shredded
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 Tbsp pepper sauce hot
- 4 8-inch spinach-flavored tortillas ()
- 1 lb tomatoes chopped

Equipment

oven

Directions

- Bake chicken as directed on package. Meanwhile, mix mayo and hot pepper sauce until blended.
- Place lettuce down centers of tortillas; top with chicken, tomatoes and cheese.
- Drizzle with mayo mixture; roll up.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.3613043369158%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 36.58kcal (1.83%), Fat: 2.04g (3.13%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.58g (0.64%), Cholesterol: 11.32mg (3.77%), Sodium: 66.75mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Selenium: 4.75µg (6.78%), Vitamin B3: 1.28mg (6.41%), Vitamin B6: 0.1mg (5.12%), Phosphorus: 45.98mg (4.6%), Vitamin A: 193.39IU (3.87%), Vitamin K: 3.48µg (3.31%), Vitamin C: 2.67mg (3.23%), Calcium: 30.01mg (3%), Potassium: 88.66mg (2.53%), Vitamin B5: 0.2mg (1.97%), Vitamin B2: 0.03mg (1.9%), Zinc: 0.24mg (1.59%), Magnesium: 6.02mg (1.51%), Manganese: 0.03mg (1.28%), Folate: 5.01µg (1.25%), Vitamin E: 0.18mg (1.21%), Vitamin B1: 0.02mg (1.08%), Vitamin B12: 0.06µg (1.04%)