



Caesar Chik'n Lettuce Wraps

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

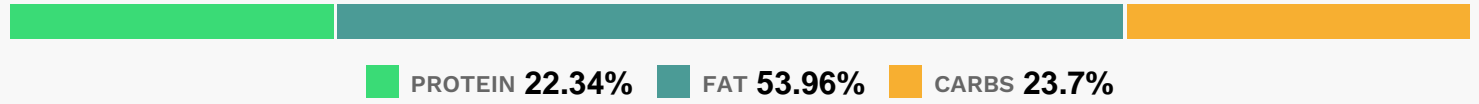
- 4 boston lettuce leaves
- 2 Tbsp lite creamy caesar dressing kraft
- 0.5 cup cucumbers chopped
- 2 green onions sliced
- 2 radishes chopped
- 2 boca original chikâ€™n veggie patties frozen

Equipment

Directions

- Cook patties as directed on package. Meanwhile, combine next 4 ingredients.
- Cut patties into strips; place on lettuce leaves. Top with vegetable mixture.
- Fold in opposite sides of each lettuce leaf, then roll up.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.893912996044%

Flavonoids

Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 28.79kcal (1.44%), Fat: 1.74g (2.68%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.3g (0.33%), Cholesterol: 1.23mg (0.41%), Sodium: 77.58mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin B1: 0.25mg (16.81%), Vitamin K: 10.18µg (9.7%), Manganese: 0.1mg (5.14%), Folate: 16.31µg (4.08%), Vitamin B12: 0.19µg (3.14%), Selenium: 2.18µg (3.12%), Vitamin A: 153.82IU (3.08%), Fiber: 0.59g (2.37%), Phosphorus: 22.55mg (2.25%), Vitamin B3: 0.38mg (1.88%), Iron: 0.33mg (1.84%), Vitamin B6: 0.04mg (1.78%), Calcium: 16.94mg (1.69%), Magnesium: 6.69mg (1.67%), Vitamin B2: 0.03mg (1.65%), Potassium: 52.86mg (1.51%), Vitamin C: 1.1mg (1.33%), Copper: 0.02mg (1.21%)