



California Chicken Wrap

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



252 kcal

SIDE DISH

Ingredients

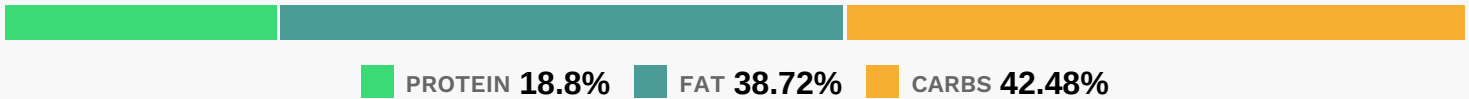
- ☐ 1 medium avocado peeled sliced
- ☐ 16 servings fajita size flour tortillas whole wheat (6-in.)
- ☐ 3 tablespoons mayonnaise dressing with olive oil best foods®
- ☐ 2 cups salad greens mixed
- ☐ 1 bell pepper red sliced
- ☐ 0.3 cup onion red sliced
- ☐ 12 ounces chicken breasts boneless skinless sliced

Equipment

Directions

- ☐ Spread Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil
- ☐ Layer chicken, avocado, red pepper, red onion and salad greens down center of each tortilla.
- ☐ Roll and fold the filled tortilla.
- ☐ Also terrific with Hellmann's or Best Foods Real Mayonnaise or Hellmann's or Best Foods Light Mayonnaise

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:7.88, Inflammation Score:-6, Nutrition Score:12.521304359903%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 252.36kcal (12.62%), Fat: 10.86g (16.7%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.45g (8.53%), Sugar: 2.61g (2.9%), Cholesterol: 23.54mg (7.85%), Sodium: 423.54mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Selenium: 21.83µg (31.19%), Vitamin B3: 6.18mg (30.92%), Vitamin C: 19.8mg (24%), Vitamin B1: 0.29mg (19.18%), Vitamin B6: 0.38mg (19.05%), Phosphorus: 189.03mg (18.9%), Folate: 72.17µg (18.04%), Manganese: 0.3mg (15.07%), Vitamin K: 15.19µg (14.47%), Fiber: 3.34g (13.38%), Vitamin B2: 0.21mg (12.44%), Iron: 2.1mg (11.65%), Vitamin A: 505.83IU (10.12%), Potassium: 328.91mg (9.4%), Vitamin B5: 0.9mg (9.02%), Calcium: 77.32mg (7.73%), Magnesium: 27.98mg (7%), Vitamin E: 0.81mg (5.38%), Copper: 0.11mg (5.28%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.07µg (1.22%)