



California-style Grilled-Chicken Rolls

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



504 kcal

Ingredients

- ☐ 1 avocado pitted ripe peeled cut into 1/2-inch slices
- ☐ 4 medium leaves boston lettuce
- ☐ 2 carrots shredded peeled
- ☐ 8 ounces grilled chicken boneless cut into thin, long strips (3 cups)
- ☐ 1 small cucumber shredded peeled seeded
- ☐ 4 10-inch flour tortillas ()
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings pepper freshly ground to taste

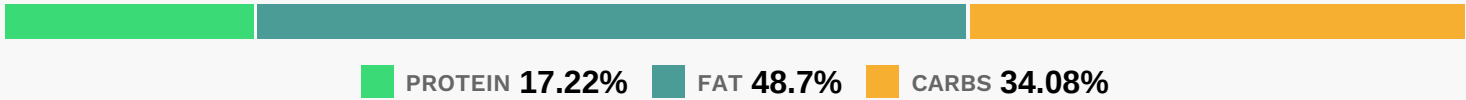
Equipment

- ☐ toothpicks

Directions

- ☐ Lay tortillas on a work surface.
- ☐ Spread with mayonnaise. Arrange lettuce, chicken, cucumber, carrot and avocado in a line off center (do not overstuff). Season with salt and pepper.
- ☐ Roll into snug cylinders.
- ☐ Cut into 1 1/2-inch long rolls and serve. Stick with a toothpick to keep rolls together.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:24.975652153077%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 503.93kcal (25.2%), Fat: 27.38g (42.13%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 35.98g (13.08%), Sugar: 5.14g (5.71%), Cholesterol: 48.4mg (16.13%), Sodium: 818.09mg (35.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.58%), Vitamin A: 5726.83IU (114.54%), Vitamin K: 60.79µg (57.9%), Vitamin B3: 8.81mg (44.03%), Selenium: 30.25µg (43.21%), Folate: 132.33µg (33.08%), Vitamin B1: 0.46mg (30.89%), Phosphorus: 306.21mg (30.62%), Fiber: 7.14g (28.55%), Manganese: 0.54mg (27.01%), Vitamin B6: 0.48mg (23.94%), Vitamin B2: 0.39mg (22.69%), Iron: 3.91mg (21.71%), Potassium: 652.23mg (18.64%), Vitamin B5: 1.59mg (15.9%), Calcium: 137.53mg (13.75%), Magnesium: 52.54mg (13.14%), Copper: 0.25mg (12.44%), Zinc: 1.75mg (11.65%), Vitamin E: 1.74mg (11.6%), Vitamin C: 8.64mg (10.48%), Vitamin B12: 0.18µg (3.02%)