



WHATSheATE



HEALTH SCORE

55%

Caprese Wraps with Chicken

READY IN



20 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pint cherry tomatoes quartered
- ☐ 1.5 cups rotisserie chicken breast shredded boneless skinless
- ☐ 0.5 cup basil leaves fresh
- ☐ 3 ounces mozzarella cheese fresh chopped
- ☐ 1 large garlic clove halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 4 cups prechopped hearts of romaine lettuce

- ☐ 11.2 ounce multigrain flatbreads (such as Flatout)
- ☐ 2 tablespoons citrus champagne vinegar

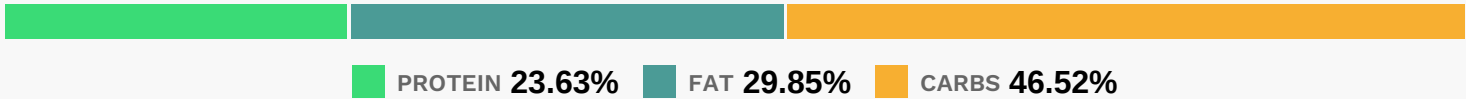
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk.
- ☐ Add lettuce and next 4 ingredients (through tomatoes), tossing to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Working with 1 flatbread at a time, cook bread 1 minute on each side or until toasted. Rub 1 side of each flatbread with cut sides of garlic. Arrange 1 1/2 cups chicken mixture in the center of each flatbread; roll up.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:34.723912879177%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 434.84kcal (21.74%), Fat: 14.94g (22.98%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 45.1g (16.4%), Sugar: 6.32g (7.02%), Cholesterol: 52.8mg (17.6%), Sodium: 697.88mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.2%), Vitamin A: 7169.27IU (143.39%), Vitamin K: 95.71µg (91.15%), Manganese: 1.7mg (84.93%), Selenium: 57.54µg (82.2%), Vitamin B3: 9.03mg (45.16%), Vitamin B6: 0.8mg (40.03%), Phosphorus: 394.62mg (39.46%), Vitamin C: 31.34mg (37.98%), Folate: 146.9µg (36.73%), Fiber:

7.28g (29.11%), Vitamin B1: 0.41mg (27.24%), Iron: 4.43mg (24.6%), Magnesium: 97mg (24.25%), Potassium: 811.49mg (23.19%), Copper: 0.39mg (19.37%), Vitamin B5: 1.76mg (17.59%), Zinc: 2.52mg (16.81%), Calcium: 166.7mg (16.67%), Vitamin E: 2.42mg (16.14%), Vitamin B2: 0.26mg (15.15%), Vitamin B12: 0.6µg (9.95%)