



Cheesy BBQ Chicken Wraps

READY IN



30 min.

SERVINGS



30

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 cup four cheese shredded mexican style kraft finely
- 4 8-inch flour tortillas ()
- 2 pasilla peppers green cut into wedges
- 1 onion cut into 4 slices
- 1 lb chicken breasts boneless skinless

Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Grill chicken 6 to 7 min. on each side and grill vegetables 4 to 5 min. on each side or until chicken is done (165F) and vegetables are crisp-tender, brushing frequently with barbecue sauce for the last few minutes.
- Cut chicken and vegetables into thin strips; place down centers of tortillas. Top with cheese; roll up.

Nutrition Facts



Properties

Glycemic Index:3.27, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:3.4086956640948%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 64.66kcal (3.23%), Fat: 2.26g (3.48%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.19g (2.44%), Cholesterol: 13.44mg (4.48%), Sodium: 141.7mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Selenium: 7.5µg (10.72%), Vitamin B3: 1.95mg (9.75%), Vitamin C: 6.86mg (8.31%), Vitamin B6: 0.15mg (7.28%), Phosphorus: 66.61mg (6.66%), Calcium: 40.52mg (4.05%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.06mg (3.34%), Manganese: 0.06mg (2.83%), Potassium: 97.64mg (2.79%), Vitamin B5: 0.26mg (2.62%), Folate: 9.37µg (2.34%), Iron: 0.37mg (2.08%), Magnesium: 8.22mg (2.06%), Zinc: 0.29mg (1.91%), Fiber: 0.48g (1.91%), Vitamin A: 82.38IU (1.65%), Vitamin K: 1.3µg (1.24%), Vitamin B12: 0.07µg (1.17%), Copper: 0.02mg (1.12%)