



Chicken and Avocado Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

Ingredients

- 1 avocado chopped
- 2 Tbsp original barbecue sauce kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 3 10-inch flour tortillas ()
- 1.5 cups lettuce shredded
- 2 Tbsp classic ranch dressing kraft
- 2 Tbsp onions red chopped
- 1 small tomatoes chopped

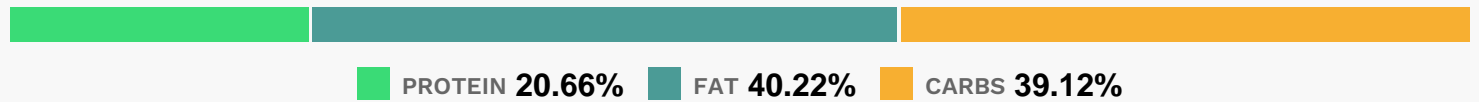
Equipment

toothpicks

Directions

- Top tortillas with next 5 ingredients.
- Mix barbecue sauce and dressing; drizzle over tortillas.
- Roll up tortillas. Secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:3.62, Inflammation Score:-3, Nutrition Score:6.7673912411151%

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 Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 147.18kcal (7.36%), Fat: 6.63g (10.2%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 12.13g (4.41%), Sugar: 2.72g (3.02%), Cholesterol: 15.24mg (5.08%), Sodium: 232.22mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin B3: 3.7mg (18.51%), Selenium: 9.63µg (13.75%), Vitamin K: 13.19µg (12.57%), Folate: 41.77µg (10.44%), Phosphorus: 103.68mg (10.37%), Fiber: 2.39g (9.54%), Vitamin B1: 0.14mg (9.4%), Vitamin B6: 0.18mg (9.19%), Manganese: 0.17mg (8.36%), Vitamin B2: 0.11mg (6.72%), Iron: 1.15mg (6.41%), Potassium: 216.8mg (6.19%), Vitamin B5: 0.53mg (5.28%), Vitamin C: 3.73mg (4.52%), Magnesium: 17.93mg (4.48%), Vitamin E: 0.62mg (4.17%), Calcium: 40.9mg (4.09%), Copper: 0.08mg (4.01%), Vitamin A: 171.73IU (3.43%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.06µg (1.05%)