



Chicken and Avocado Wraps with Cumin-Lime Cream

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado peeled chopped
- ☐ 6 cherry tomatoes quartered
- ☐ 4 12-inch flour tortillas ()
- ☐ 4 servings cumin-lime cream
- ☐ 0.8 teaspoon paprika
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.1 teaspoon salt

☐ 12 ounce chicken breast halves boneless skinless cut into thin strips

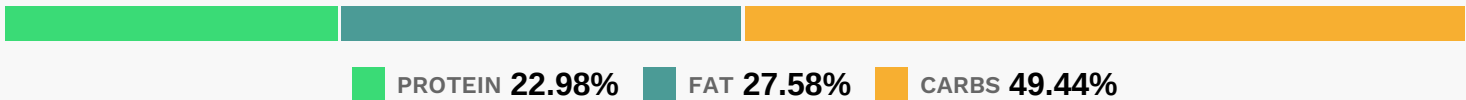
Equipment

☐ frying pan

Directions

- ☐ Coat a nonstick skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken; cook 6 minutes, stirring constantly.
- ☐ Sprinkle with paprika and salt. Cook 2 minutes or until done.
- ☐ Warm tortillas according to package directions.
- ☐ Place chicken evenly on tortillas. Top with avocado, tomato, and onion. Spoon 1 1/2 tablespoons Cumin-Lime Cream evenly over each wrap.
- ☐ Roll up.
- ☐ Cut each wrap in half diagonally.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:18.26, Inflammation Score:-7, Nutrition Score:24.199565154055%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 495.74kcal (24.79%), Fat: 15.1g (23.23%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 54.62g (19.86%), Sugar: 5.4g (6%), Cholesterol: 54.43mg (18.14%), Sodium: 1015.53mg (44.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.61%), Selenium: 52.94µg (75.63%), Vitamin B3: 14.54mg (72.7%), Vitamin B1: 0.66mg (43.97%), Phosphorus: 437.53mg (43.75%), Vitamin B6: 0.81mg (40.3%), Folate: 135.92µg (33.98%), Manganese: 0.65mg (32.58%), Iron: 4.9mg (27.2%), Vitamin B2: 0.45mg (26.6%), Fiber: 6.26g (25.06%), Potassium: 657.63mg (18.79%), Vitamin B5: 1.81mg (18.12%), Calcium: 180.88mg (18.09%), Magnesium: 58.36mg (14.59%), Vitamin C: 11.76mg (14.25%), Vitamin K: 14.73µg (14.03%), Copper: 0.22mg (10.88%), Zinc: 1.33mg (8.84%), Vitamin A: 375.19IU (7.5%), Vitamin E: 0.95mg (6.33%), Vitamin B12: 0.17µg (2.83%)