



Chicken and Bacon Roll-Ups

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 2 cups romaine lettuce shredded
- ☐ 4 center-cut bacon cooked drained
- ☐ 2 cups tomatoes chopped (2 medium)
- ☐ 11.2 ounce flatbreads whole wheat (such as Flatout)

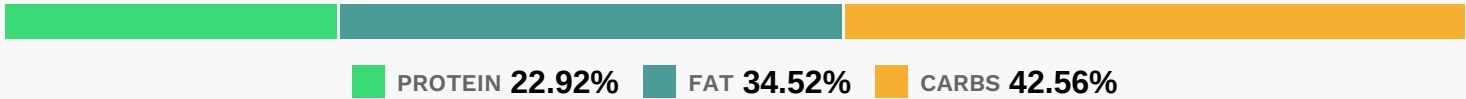
Equipment

☐ bowl

Directions

- ☐ Combine reduced-fat mayonnaise, minced tarragon, and fresh lemon juice in a small bowl.
- ☐ Spread 2 tablespoons mayonnaise mixture over each flatbread. Top each with 1/2 cup shredded romaine lettuce, 1/2 cup chopped tomato, 1 bacon slice, crumbled, and 1/2 cup chicken.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:27.92043450086%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 471.28kcal (23.56%), Fat: 18.51g (28.48%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 45.06g (16.39%), Sugar: 5.58g (6.2%), Cholesterol: 67mg (22.33%), Sodium: 804.32mg (34.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.3%), Selenium: 64.2µg (91.71%), Manganese: 1.56mg (77.92%), Vitamin B3: 11.53mg (57.64%), Vitamin A: 2738.82IU (54.78%), Vitamin B6: 0.92mg (46.07%), Vitamin K: 46.27µg (44.07%), Phosphorus: 362.96mg (36.3%), Vitamin B1: 0.43mg (28.43%), Fiber: 6.27g (25.1%), Magnesium: 90.84mg (22.71%), Potassium: 716.97mg (20.48%), Vitamin B5: 1.97mg (19.7%), Folate: 76.91µg (19.23%), Iron: 3.43mg (19.05%), Copper: 0.32mg (16.2%), Vitamin C: 13.26mg (16.08%), Zinc: 2.12mg (14.15%), Vitamin E: 1.77mg (11.81%), Vitamin B2: 0.19mg (11.37%), Vitamin B12: 0.26µg (4.33%), Calcium: 39.49mg (3.95%), Vitamin D: 0.16µg (1.09%)