



## Chicken-and-Bean Slaw Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

SIDE DISH

### Ingredients

- 15 oz black beans drained and rinsed canned
- 1.5 cups coleslaw mix shredded with carrots
- 3 cups roasted chicken cooked chopped
- 8 8-inch flour tortilla soft ()
- 0.5 cup spring onion chopped
- 0.3 cup ranch dressing
- 6 oz cheddar cheese shredded

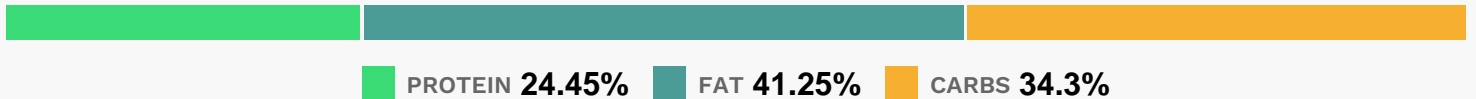
### Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Combine first 5 ingredients in a large bowl.
- Place 4 flour tortillas in a single layer on a baking sheet, and sprinkle evenly with half of Cheddar cheese.
- Bake tortillas at 350 for 3 to 5 minutes or until cheese is melted. Repeat procedure with remaining tortillas and cheese.
- Top each tortilla evenly with chicken mixture.
- Roll up tightly, and wrap in parchment paper or secure with a wooden pick.
- Cut each tortilla in half.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:8.38, Inflammation Score:-6, Nutrition Score:18.267391160778%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 427.14kcal (21.36%), Fat: 19.41g (29.87%), Saturated Fat: 7.26g (45.4%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 30.38g (11.05%), Sugar: 3g (3.33%), Cholesterol: 63.24mg (21.08%), Sodium: 851.37mg (37.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.77%), Selenium: 31.42µg (44.89%), Vitamin K: 40.49µg (38.57%), Phosphorus: 384.97mg (38.5%), Vitamin B3: 6.8mg (34.01%), Calcium: 262.24mg (26.22%), Vitamin B1: 0.38mg (25.51%), Folate: 97.5µg (24.37%), Fiber: 5.94g (23.77%), Vitamin B2: 0.4mg (23.38%), Manganese: 0.42mg (21.1%), Iron: 3.71mg (20.64%), Vitamin B6: 0.31mg (15.62%), Zinc: 2.2mg (14.67%), Magnesium:

49.92mg (12.48%), Potassium: 410.03mg (11.72%), Copper: 0.2mg (10.08%), Vitamin C: 7.41mg (8.99%), Vitamin B5: 0.89mg (8.92%), Vitamin B12: 0.39 $\mu$ g (6.58%), Vitamin A: 315.67IU (6.31%), Vitamin E: 0.44mg (2.9%)