



Chicken-and-Bean Slaw Wraps

READY IN



15 min.

SERVINGS



8

CALORIES



378 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 12 ounce chicken strips fully cooked chopped
- ☐ 1.5 cups coleslaw mix with carrots
- ☐ 8 8-inch flour tortillas ()
- ☐ 0.5 cup green onions chopped
- ☐ 15 ounce chili powder-seasoned pinto beans drained canned
- ☐ 0.3 cup ranch dressing
- ☐ 4 ounces cheddar cheese shredded

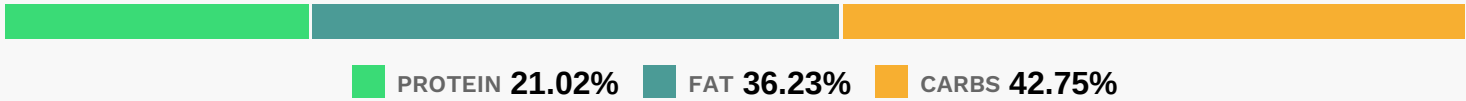
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine first 5 ingredients, and set aside.
- ☐ Place tortillas on baking sheets, and sprinkle each evenly with Cheddar cheese.
- ☐ Bake at 350 for 3 to 5 minutes or until cheese is melted.
- ☐ Top evenly with chicken mixture.
- ☐ Drizzle evenly with barbecue sauce.
- ☐ Roll up, jellyroll fashion, and wrap in parchment paper, twisting ends of paper and tying with raffia to seal.
- ☐ Cut in half.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Ranch Style Beans for chili powder-seasoned pinto beans.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:8.34, Inflammation Score:-5, Nutrition Score:17.459130429703%

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: 377.59kcal (18.88%), Fat: 15.06g (23.17%), Saturated Fat: 5.24g (32.72%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 35.39g (12.87%), Sugar: 8.73g (9.7%), Cholesterol: 43.99mg (14.66%), Sodium: 1088.29mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Selenium: 30.23µg (43.18%), Vitamin K: 40.78µg (38.84%), Phosphorus: 367.25mg (36.73%), Vitamin B3: 7.01mg (35.05%), Vitamin B6: 0.53mg (26.58%), Vitamin B1: 0.32mg (21.61%), Calcium: 208.78mg (20.88%), Vitamin B2: 0.35mg (20.74%), Folate: 76.66µg (19.17%), Fiber: 4.59g (18.35%), Iron: 3.26mg (18.12%), Potassium: 537.9mg (15.37%), Manganese: 0.31mg (15.31%), Zinc: 2.18mg (14.54%), Magnesium: 54.51mg (13.63%), Copper: 0.22mg (10.96%), Vitamin C: 7.45mg (9.03%), Vitamin B5: 0.88mg (8.75%), Vitamin A: 260.16IU (5.2%), Vitamin E: 0.65mg (4.31%), Vitamin B12: 0.26µg (4.29%)