



Chicken-and-Slaw Wraps



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce chicken breast strips fully cooked chopped
- ☐ 1.5 cups coleslaw mix shredded with carrots*
- ☐ 0.3 cup ranch dressing
- ☐ 4 sundried tomato basil wraps
- ☐ 0.3 cup relish sweet
- ☐ 3 ounces cheddar cheese white deli-style

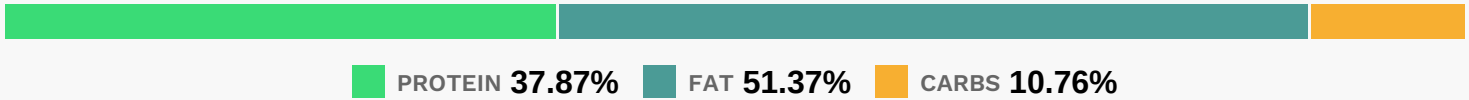
Equipment

- ☐ plastic wrap

Directions

- ☐ Stir together first 4 ingredients.
- ☐ Place 2 cheese slices in a single layer on one side of each wrap; top each evenly with about 3/4 cup chicken mixture.
- ☐ Roll up, jelly-roll fashion, and wrap in plastic wrap, twisting ends of wrap to seal. Chill up to 8 hours, if desired.
- ☐ Cut in half.
- ☐ *1 1/2 cups shredded lettuce may be substituted for coleslaw mix.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:15.618261109228%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 342.55kcal (17.13%), Fat: 19.33g (29.74%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.26g (3%), Sugar: 6.35g (7.05%), Cholesterol: 98.75mg (32.92%), Sodium: 517.96mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.13%), Vitamin B3: 11.78mg (58.9%), Vitamin K: 60.35µg (57.47%), Selenium: 30.27µg (43.24%), Phosphorus: 337.46mg (33.75%), Vitamin B6: 0.57mg (28.29%), Calcium: 181.78mg (18.18%), Vitamin B2: 0.22mg (13.16%), Vitamin C: 9.76mg (11.83%), Zinc: 1.73mg (11.56%), Vitamin B5: 1.12mg (11.25%), Vitamin B12: 0.55µg (9.14%), Vitamin A: 453.59IU (9.07%), Magnesium: 35.32mg (8.83%), Potassium: 295.35mg (8.44%), Iron: 1.27mg (7.08%), Vitamin E: 0.96mg (6.41%), Vitamin B1: 0.08mg (5.65%), Folate: 20.11µg (5.03%), Copper: 0.07mg (3.52%), Manganese: 0.07mg (3.46%), Fiber: 0.85g (3.41%), Vitamin D: 0.23µg (1.55%)