



Chicken and Vegetable Garden Wraps

READY IN



14 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 ounces cheese blue crumbled
- 0.5 cup celery thinly sliced (1 stalk)
- 6 ounce grilled chicken breast strips diced
- 6 8-inch 8%-fat-free flour tortillas ()
- 0.5 cup peas green frozen
- 0.5 cup ranch dressing light
- 0.7 cup bell pepper red thinly sliced ()
- 0.5 cup onion red vertically sliced
- 4 cups romaine lettuce chopped

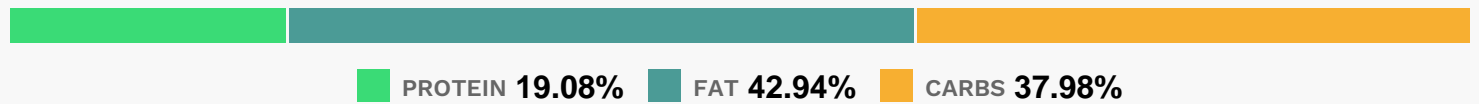
Equipment

- bowl
- wax paper

Directions

- Stir together first 7 ingredients in a medium bowl.
- Spoon about 2/3 cup each of lettuce and chicken mixture onto center of each tortilla; fold edges of tortilla over filling.
- Roll up tortillas, and secure with wooden picks; wrap in wax paper. Chill.
- Cut diagonally in half; carefully remove wooden picks.

Nutrition Facts



Properties

Glycemic Index:32.72, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:19.967826024346%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 336.45kcal (16.82%), Fat: 15.97g (24.57%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 27.94g (10.16%), Sugar: 5.29g (5.88%), Cholesterol: 33.9mg (11.3%), Sodium: 658.22mg (28.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin A: 3438.4IU (68.77%), Vitamin K: 69.15µg (65.86%), Vitamin C: 28.53mg (34.58%), Vitamin B3: 6.77mg (33.85%), Selenium: 21.25µg (30.35%), Folate: 115.73µg (28.93%), Phosphorus: 263.31mg (26.33%), Vitamin B1: 0.35mg (23.51%), Manganese: 0.41mg (20.41%), Vitamin B6: 0.33mg (16.52%), Vitamin B2: 0.28mg (16.26%), Iron: 2.82mg (15.68%), Fiber: 3.84g (15.36%), Calcium: 137.7mg (13.77%), Potassium: 348.01mg (9.94%), Magnesium: 34.47mg (8.62%), Vitamin B5: 0.77mg (7.7%), Zinc: 1.05mg (6.99%), Copper: 0.12mg (6.02%), Vitamin E: 0.88mg (5.86%), Vitamin B12: 0.21µg (3.42%)