



Chicken, Avocado and Provolone Wraps

READY IN



15 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted ripe peeled
- 4 leaves boston lettuce red
- 0.3 cup cilantro leaves chopped
- 4 8-inch flour tortillas low sodium ()
- 0.5 teaspoon pepper sauce hot
- 4 slices sargento® reduced sodium provolone cheese sliced
- 2 cups meat from a rotisserie chicken shredded cooked chopped
- 0.5 cup tomatoes chopped

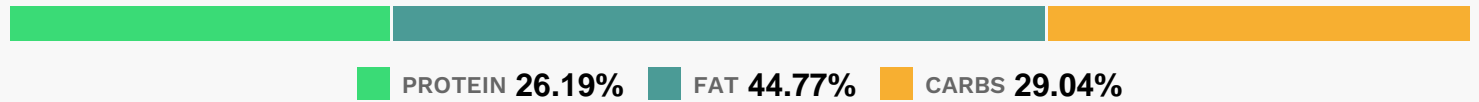
Equipment

bowl

Directions

- Combine chicken, tomato, cilantro and hot sauce in a medium bowl; toss well.
- Add avocado; toss again.
- Arrange cheese over tortillas; top with lettuce leaves and chicken mixture.
- Roll up; cut diagonally in half.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:8.63, Inflammation Score:-7, Nutrition Score:20.003043335417%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 425.64kcal (21.28%), Fat: 21.23g (32.67%), Saturated Fat: 7.09g (44.28%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 25.42g (9.24%), Sugar: 2.98g (3.31%), Cholesterol: 65.61mg (21.87%), Sodium: 584.86mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Selenium: 31.65µg (45.21%), Vitamin B3: 8.85mg (44.26%), Phosphorus: 369.79mg (36.98%), Vitamin K: 34.57µg (32.92%), Folate: 108.44µg (27.11%), Vitamin B6: 0.49mg (24.48%), Calcium: 240.35mg (24.04%), Vitamin B1: 0.35mg (23.57%), Vitamin B2: 0.39mg (22.82%), Fiber: 5.57g (22.28%), Vitamin A: 989.5IU (19.79%), Manganese: 0.39mg (19.48%), Iron: 3.33mg (18.5%), Potassium: 579.75mg (16.56%), Vitamin B5: 1.6mg (15.98%), Zinc: 2.34mg (15.58%), Magnesium: 50.1mg (12.52%), Vitamin C: 8.78mg (10.64%), Copper: 0.21mg (10.46%), Vitamin E: 1.24mg (8.25%), Vitamin B12: 0.48µg (8.01%)