



Chicken BLT Wraps with Aioli

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 1 large clove garlic finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 10-inch flour tortilla ()
- ☐ 8 leaves curly leaf lettuce green
- ☐ 9 oz chicken breast strips/pre-cooked/chopped thinly sliced
- ☐ 2 medium tomatoes chopped
- ☐ 0.3 cup bacon bits

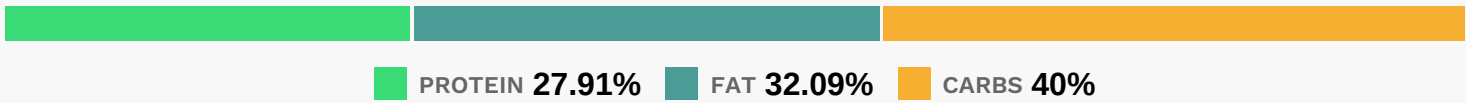
Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ In small bowl, beat aioli ingredients with wire whisk.
- ☐ Spread on each tortilla, leaving 2-inch border at bottom of each.
- ☐ Arrange 2 lettuce leaves on each tortilla, leaving 2-inch border at bottom. Evenly top each with chicken, tomatoes and bacon bits.
- ☐ Fold bottom edge of each tortilla up, and roll tightly. Secure, if desired, with toothpick, foil or waxed paper.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:11.62, Inflammation Score:-9, Nutrition Score:23.564347772495%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 454.2kcal (22.71%), Fat: 16.01g (24.63%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 39.81g (14.48%), Sugar: 6.66g (7.4%), Cholesterol: 54.22mg (18.07%), Sodium: 1029.95mg (44.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.67%), Vitamin B3: 12.59mg (62.93%), Vitamin K: 57.61µg (54.87%), Vitamin A: 2680.48IU (53.61%), Selenium: 34.99µg (49.98%), Vitamin B1: 0.53mg

(35.66%), Phosphorus: 349.28mg (34.93%), Folate: 108.15µg (27.04%), Vitamin B6: 0.53mg (26.74%), Manganese: 0.52mg (25.92%), Iron: 3.79mg (21.07%), Fiber: 5.1g (20.4%), Vitamin B2: 0.32mg (18.63%), Vitamin C: 13.14mg (15.92%), Magnesium: 59.87mg (14.97%), Calcium: 147.42mg (14.74%), Potassium: 497.57mg (14.22%), Vitamin E: 2.02mg (13.49%), Copper: 0.23mg (11.75%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.39µg (6.57%)