



## Chicken Caesar Wraps

READY IN



10 min.

SERVINGS



4

CALORIES



564 kcal

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup classic caesar dressing kraft
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup croutons
- 4 8-inch flour tortillas ()
- 0.3 cup parmesan cheese grated kraft
- 3 cups romaine lettuce shredded loosely packed

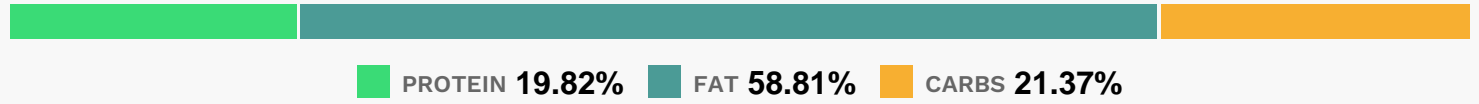
### Equipment

- bowl

## Directions

- Place first 5 ingredients in large bowl.
- Add dressing; toss lightly.
- Spoon onto tortillas; roll up tightly.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:8.88, Inflammation Score:-9, Nutrition Score:21.156086636626%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 563.85kcal (28.19%), Fat: 36.41g (56.01%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 26.99g (9.81%), Sugar: 3.14g (3.49%), Cholesterol: 83.91mg (27.97%), Sodium: 1054.22mg (45.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Vitamin K: 70.75µg (67.38%), Vitamin A: 3171.16IU (63.42%), Selenium: 36.52µg (52.17%), Vitamin B3: 8.88mg (44.42%), Phosphorus: 329.08mg (32.91%), Vitamin B1: 0.4mg (26.82%), Folate: 102.82µg (25.7%), Vitamin B6: 0.41mg (20.73%), Iron: 3.55mg (19.74%), Vitamin B2: 0.32mg (18.69%), Manganese: 0.35mg (17.34%), Calcium: 166.37mg (16.64%), Zinc: 1.99mg (13.3%), Fiber: 2.77g (11.07%), Potassium: 377.02mg (10.77%), Vitamin E: 1.56mg (10.43%), Vitamin B5: 0.99mg (9.89%), Magnesium: 36.85mg (9.21%), Vitamin B12: 0.41µg (6.77%), Copper: 0.13mg (6.38%), Vitamin C: 1.5mg (1.82%)