



Chicken, carrot & avocado rolls

READY IN



15 min.

SERVINGS



3

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

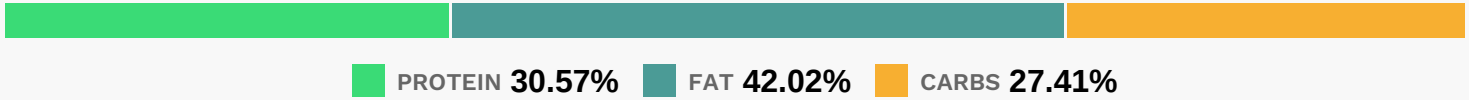
- ☐ 75 g cheese low-fat soft
- ☐ 3 flour tortilla
- ☐ 1 chicken breast shredded skinless cooked
- ☐ 1 large carrots shredded grated
- ☐ 1 large avocado sliced
- ☐ 1 handful arugula

Equipment

Directions

- ☐ Spread the cheese over the tortillas and top with the chicken, carrot, avocado and rocket.
- ☐ Tightly roll up each tortilla. Wrap tightly in cling film, twisting the ends firmly to seal, and chill until ready.
- ☐ Unwrap and cut each roll into 4 chunks to add to your lunchboxes.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:23.145652312299%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 339.64kcal (16.98%), Fat: 16.05g (24.69%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 17.24g (6.27%), Sugar: 2.96g (3.29%), Cholesterol: 53.46mg (17.82%), Sodium: 484.24mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.55%), Vitamin A: 4339.81IU (86.8%), Vitamin B3: 10.62mg (53.09%), Selenium: 34.73µg (49.62%), Vitamin B6: 0.8mg (40.17%), Phosphorus: 387.71mg (38.77%), Vitamin K: 26.97µg (25.68%), Fiber: 6.32g (25.27%), Folate: 99.26µg (24.82%), Vitamin B5: 2.19mg (21.94%), Potassium: 759.08mg (21.69%), Vitamin B2: 0.32mg (18.94%), Calcium: 177.94mg (17.79%), Vitamin B1: 0.27mg (17.72%), Manganese: 0.31mg (15.59%), Magnesium: 55.63mg (13.91%), Vitamin C: 10.02mg (12.15%), Vitamin E: 1.73mg (11.55%), Iron: 2.01mg (11.17%), Zinc: 1.57mg (10.46%), Copper: 0.2mg (10%), Vitamin B12: 0.27µg (4.55%)