



## Chicken Club Twister

READY IN



5 min.

SERVINGS



1

CALORIES



411 kcal

### Ingredients

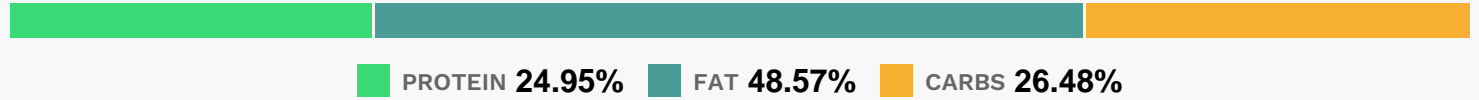
- 1 Tbsp avocado oil mayonnaise kraft
- 2 oz oscar mayer carving board flame grilled chicken breast strips ()
- 18-inch flour tortilla ()
- 1 big mild cheddar cheese kraft
- 1 Tbsp oscar mayer real bacon bits
- 0.3 cup torn romaine lettuce
- 0.3 cup tomatoes chopped

### Equipment

## Directions

- Spread tortilla with mayo.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:114, Glycemic Load:8.35, Inflammation Score:-8, Nutrition Score:14.519130412651%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 411.15kcal (20.56%), Fat: 22.05g (33.92%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 24.58g (8.94%), Sugar: 3.01g (3.35%), Cholesterol: 59.2mg (19.73%), Sodium: 636.66mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Vitamin B3: 10.29mg (51.44%), Selenium: 27.35µg (39.07%), Vitamin A: 1355.64IU (27.11%), Phosphorus: 251.38mg (25.14%), Vitamin B1: 0.32mg (21.25%), Vitamin B6: 0.41mg (20.47%), Folate: 71.99µg (18%), Vitamin K: 18.85µg (17.95%), Manganese: 0.32mg (16.12%), Iron: 2.66mg (14.76%), Vitamin B2: 0.23mg (13.4%), Fiber: 2.48g (9.91%), Calcium: 97.64mg (9.76%), Potassium: 326.97mg (9.34%), Magnesium: 33.68mg (8.42%), Vitamin B5: 0.68mg (6.85%), Vitamin C: 5.57mg (6.76%), Zinc: 0.96mg (6.43%), Copper: 0.11mg (5.44%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.38mg (2.51%)