



Chicken Club Wrap

 Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

Ingredients

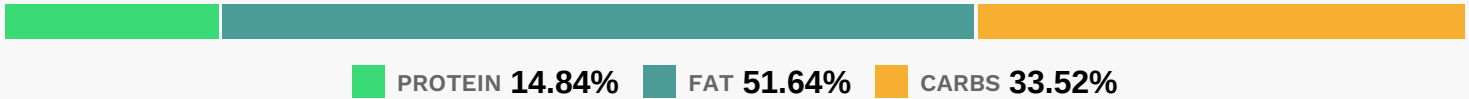
- ☐ 1 avocado pitted peeled sliced lengthwise
- ☐ 4 strips bacon crispy fully cooked
- ☐ 1 cup lettuce shredded
- ☐ 4 tablespoons mayonnaise light
- ☐ 1 onion red thinly sliced
- ☐ 12 slices oven-roasted deli- chicken breast
- ☐ 1 tomatoes thinly sliced
- ☐ 4 tortillas whole wheat mission® life balance®

Equipment

Directions

- ☐ Spread 1 tablespoon of mayonnaise over each tortilla.
- ☐ To build 1 wrap: place lettuce on the center of the wrap. Top lettuce with tomato, onion, bacon, avocado and sliced chicken.
- ☐ Fold in the left and right sides of the wrap towards the center, and roll the bottom edge of the tortilla into a burrito shape.
- ☐ Slice the wrap in half and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:12.270000045714%

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: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 392.73kcal (19.64%), Fat: 23.07g (35.5%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 26.21g (9.53%), Sugar: 5.47g (6.08%), Cholesterol: 35.12mg (11.71%), Sodium: 926.29mg (40.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Fiber: 7.48g (29.93%), Vitamin B3: 5.26mg (26.29%), Vitamin K: 24.95µg (23.76%), Vitamin B6: 0.41mg (20.67%), Phosphorus: 171.38mg (17.14%), Potassium: 559.62mg (15.99%), Folate: 58.84µg (14.71%), Vitamin C: 11.78mg (14.27%), Selenium: 9.89µg (14.13%), Vitamin B5: 1.26mg (12.57%), Vitamin E: 1.76mg (11.74%), Calcium: 106.34mg (10.63%), Iron: 1.85mg (10.25%), Vitamin B1: 0.14mg (9.61%), Vitamin A: 441.6IU (8.83%), Manganese: 0.18mg (8.79%), Magnesium: 34.24mg (8.56%), Vitamin B2: 0.13mg (7.44%), Copper: 0.15mg (7.4%), Zinc: 0.9mg (6%), Vitamin B12: 0.16µg (2.67%)