



Chicken-Cranberry Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

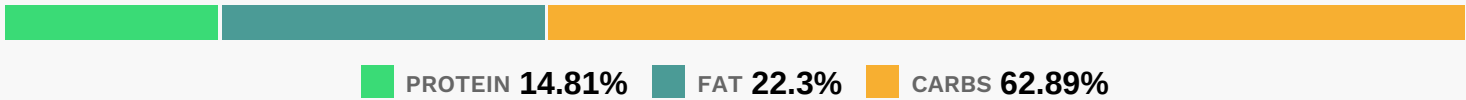
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 6 10-inch flour tortillas fat-free ()
- ☐ 3 green onions thinly sliced
- ☐ 1 cup lettuce shredded
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 2 tablespoons spicy brown mustard
- ☐ 1.5 cups turkey breast cooked chopped
- ☐ 15 ounce whole-berry cranberry sauce canned

Equipment

Directions

- ☐ Heat tortillas according to package directions.
- ☐ Stir together cranberry sauce, mustard, and ginger.
- ☐ Spread mixture evenly over 1 side of each tortilla. Top with chicken, green onions, pecans, and lettuce; roll up.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:11.11, Inflammation Score:-5, Nutrition Score:13.600869655609%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 425.73kcal (21.29%), Fat: 10.62g (16.33%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 67.36g (22.45%), Net Carbohydrates: 63.3g (23.02%), Sugar: 28.24g (31.38%), Cholesterol: 26.25mg (8.75%), Sodium: 602.66mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.73%), Selenium: 26.38µg (37.68%), Vitamin B3: 6.04mg (30.18%), Manganese: 0.59mg (29.49%), Vitamin B1: 0.42mg (28.27%), Phosphorus: 233.49mg (23.35%), Vitamin K: 21.54µg (20.51%), Iron: 3.56mg (19.76%), Folate: 76.66µg (19.17%), Vitamin B2: 0.28mg (16.42%), Fiber: 4.06g (16.26%), Calcium: 120.49mg (12.05%), Vitamin B6: 0.21mg (10.69%), Magnesium: 32.64mg (8.16%), Copper: 0.16mg (8.14%), Zinc: 1.15mg (7.66%), Potassium: 242.14mg (6.92%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.51mg (5.14%), Vitamin A: 169.59IU (3.39%), Vitamin C: 2.23mg (2.7%), Vitamin B12: 0.1µg (1.69%)