



 **64%**
HEALTH SCORE

Chicken Fajita Lettuce Wraps

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp ground cumin
- 8 large iceberg lettuce leaves
- 6 Tbsp lite house dressing italian divided kraft
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 1 cup onions sliced
- 2 pasilla peppers red cut into strips
- 1 lb chicken breasts boneless skinless cut into strips

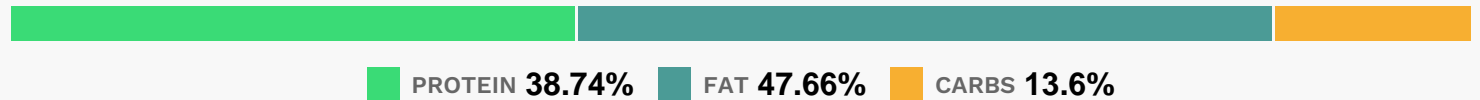
Equipment

- bowl
- frying pan

Directions

- Mix 1/4 cup dressing and cumin in medium bowl.
- Add chicken; toss to coat. Refrigerate 30 min. to marinate.
- Add remaining dressing to large nonstick skillet. Stir in peppers and onions; cook on medium heat 6 to 8 min. or until crisp-tender.
- Transfer to bowl; cover to keep warm.
- Cook chicken and marinade in skillet 8 to 10 min. or until chicken is done, stirring frequently.
- Add cooked vegetables; cook 2 min. or until heated through, stirring occasionally.
- Spoon chicken mixture onto lettuce leaves; top with cheese.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:60.186521986256%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 33.94mg, Quercetin: 33.94mg, Quercetin: 33.94mg, Quercetin: 33.94mg

Nutrients (% of daily need)

Calories: 1326.53kcal (66.33%), Fat: 69.85g (107.47%), Saturated Fat: 27.1g (169.35%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 36.31g (13.2%), Sugar: 27.95g (31.06%), Cholesterol: 403.3mg (134.43%), Sodium: 2164.17mg (94.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 127.77g (255.54%), Vitamin C: 324.11mg (392.86%), Selenium: 180.02µg (257.17%), Vitamin B3: 50.1mg (250.51%), Vitamin B6: 4.45mg (222.27%), Vitamin A: 9082.7IU (181.65%), Phosphorus: 1606.89mg (160.69%), Calcium: 902.69mg (90.27%), Vitamin B5: 7.94mg (79.4%), Vitamin K: 80.76µg (76.92%), Potassium: 2674.35mg (76.41%), Vitamin B2: 1.22mg (71.47%), Zinc: 7.83mg (52.18%),

Magnesium: 203.72mg (50.93%), Vitamin E: 7.57mg (50.43%), Folate: 200.36µg (50.09%), Vitamin B1: 0.57mg (38.15%), Vitamin B12: 2.11µg (35.08%), Fiber: 8.54g (34.15%), Manganese: 0.68mg (33.82%), Iron: 4.04mg (22.46%), Copper: 0.3mg (14.99%), Vitamin D: 1.13µg (7.54%)