



Chicken Fajita Salad Wraps

READY IN



35 min.

SERVINGS



8

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup ranch dressing
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 1 teaspoon lime zest grated
- ☐ 3 cups rotisserie chicken cut cold chopped (from)
- ☐ 2 cups lettuce thinly sliced
- ☐ 1 cup corn frozen cooled cooked
- ☐ 0.3 cup tomatoes seeded chopped
- ☐ 4 oz monterrey jack cheese shredded

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 serving salsa thick
- ☐ 1 serving cream sour

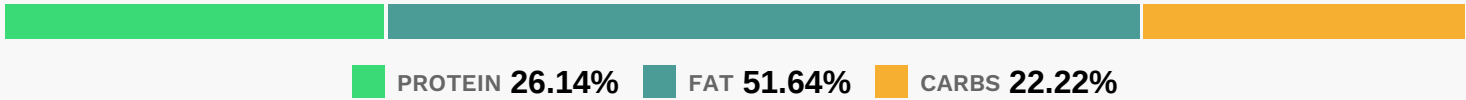
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dressing ingredients; set aside. In large bowl, stir together chicken, lettuce, corn and tomato.
- ☐ Add dressing; toss to coat.
- ☐ To assemble each wrap, spoon 1/8 of chicken mixture down center of each tortilla; sprinkle with cheese.
- ☐ Roll up.
- ☐ Serve immediately with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:6.28, Inflammation Score:-4, Nutrition Score:10.482173950776%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 494.17kcal (24.71%), Fat: 28.51g (43.86%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.09g (9.12%), Sugar: 3.82g (4.25%), Cholesterol: 106.47mg (35.49%), Sodium: 980.01mg (42.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Vitamin K: 48.39µg (46.09%),

Phosphorus: 224.8mg (22.48%), Calcium: 178.72mg (17.87%), Selenium: 12.08µg (17.25%), Vitamin B1: 0.24mg (15.72%), Folate: 55.25µg (13.81%), Manganese: 0.27mg (13.7%), Vitamin B2: 0.22mg (12.9%), Vitamin B3: 2.21mg (11.04%), Iron: 1.9mg (10.58%), Fiber: 2.51g (10.03%), Zinc: 0.88mg (5.86%), Vitamin A: 293.01IU (5.86%), Magnesium: 23.36mg (5.84%), Potassium: 194.78mg (5.57%), Vitamin E: 0.83mg (5.52%), Vitamin B6: 0.1mg (5.06%), Vitamin C: 3.56mg (4.32%), Vitamin B5: 0.43mg (4.31%), Copper: 0.07mg (3.65%), Vitamin B12: 0.17µg (2.86%)