



Chicken Fajita Wrap

READY IN



10 min.

SERVINGS



1

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp chipotle aioli kraft
- 2 oz oscar mayer carving board rotisserie seasoned chicken breast
- 0.3 cup slivered onions
- 0.5 cup pepper strips green thin
- 1 big pepper jack cheese cut in half kraft
- 18-inch tortillas whole wheat ()

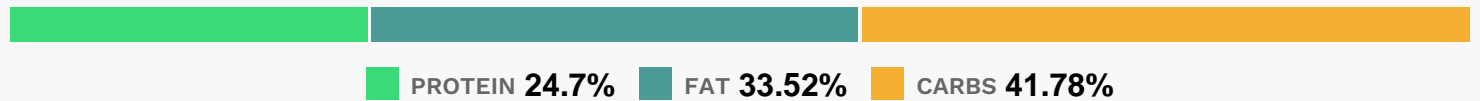
Equipment

- frying pan

Directions

- Cook and stir vegetables in medium nonstick skillet on medium-high heat 4 min. or until crisp-tender; spoon to one side of skillet.
- Add chicken to other side of skillet; cook 2 min. or until heated through, turning after 1 min.
- Spread tortilla with aioli; top with chicken, vegetables and cheese.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:12.784782488709%

Flavonoids

Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg

Nutrients (% of daily need)

Calories: 280.2kcal (14.01%), Fat: 10.2g (15.7%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 24.01g (8.73%), Sugar: 5.26g (5.85%), Cholesterol: 41.84mg (13.95%), Sodium: 455.07mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.83%), Vitamin C: 63.54mg (77.02%), Vitamin B6: 0.64mg (32.02%), Vitamin B3: 6.32mg (31.59%), Selenium: 18.49µg (26.41%), Fiber: 4.61g (18.44%), Phosphorus: 150.01mg (15%), Potassium: 399.37mg (11.41%), Calcium: 98.05mg (9.81%), Vitamin B5: 0.93mg (9.33%), Iron: 1.51mg (8.41%), Manganese: 0.15mg (7.56%), Magnesium: 26.46mg (6.62%), Vitamin B1: 0.1mg (6.49%), Vitamin A: 301.15IU (6.02%), Vitamin K: 5.81µg (5.53%), Vitamin B2: 0.09mg (5.43%), Folate: 17.5µg (4.37%), Copper: 0.08mg (4.02%), Zinc: 0.52mg (3.49%), Vitamin E: 0.39mg (2.63%), Vitamin B12: 0.12µg (2.03%)