



Chicken Lavash Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

Ingredients

- 1 piece bread lavash-style ()
- 1 cup d cabbage-and-carrot coleslaw
- 6 ounces deli chicken smoked sliced
- 4 ounces cucumber
- 4 servings half of a onion red sliced
- 1 teaspoon pickled ginger chopped
- 1 tablespoon seasoned rice wine vinegar
- 1 teaspoon sesame oil

Equipment

- bowl
- peeler

Directions

- Ribbon cucumber with a vegetable peeler; discard core and tough outer skin. Toss ribbons in a bowl with coleslaw mix, onion slices, vinegar, chopped pickled ginger, ginger juice, and sesame oil to coat.
- Let stand 10 minutes, stirring occasionally, for flavors to combine.
- Cut lavash into 4 equal pieces, and line each with one-fourth of sliced chicken; top with one-fourth of salad mixture. Bring sides of lavash together, and spear with wooden picks.
- Serve.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:10.899565231541%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 140.53kcal (7.03%), Fat: 2.18g (3.35%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.75g (6.46%), Sugar: 4.79g (5.32%), Cholesterol: 21.69mg (7.23%), Sodium: 537.74mg (23.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin A: 5371.26IU (107.43%), Vitamin B3: 4.25mg (21.25%), Vitamin B6: 0.32mg (15.79%), Phosphorus: 142.98mg (14.3%), Potassium: 379.61mg (10.85%), Fiber: 2.48g (9.92%), Selenium: 5.98µg (8.54%), Vitamin C: 6.93mg (8.4%), Manganese: 0.15mg (7.59%), Iron: 1.21mg (6.74%), Vitamin B5: 0.64mg (6.4%), Vitamin K: 6.62µg (6.31%), Magnesium: 24.38mg (6.09%), Folate: 23.61µg (5.9%), Vitamin B1: 0.08mg (5.06%), Vitamin B2: 0.07mg (4.18%), Copper: 0.07mg (3.38%), Calcium: 32.3mg (3.23%), Zinc: 0.44mg (2.93%), Vitamin E: 0.38mg (2.56%)