



## Chicken-Mango Wraps

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**36 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup alfalfa sprouts
- 0.5 avocado pitted ripe peeled sliced
- 1.5 cups baby spinach
- 6 oz roasted chicken cooked sliced
- 0.5 teaspoon jalapeno minced seeded
- 1.5 teaspoons apricots
- 0.5 mangos pitted ripe peeled sliced
- 2 tablespoons mayonnaise

2 8-inch spinach flavor flour wraps warmed ( diameter)

## Equipment

bowl

## Directions

In a small bowl, stir mayonnaise, jam and jalapeo together.

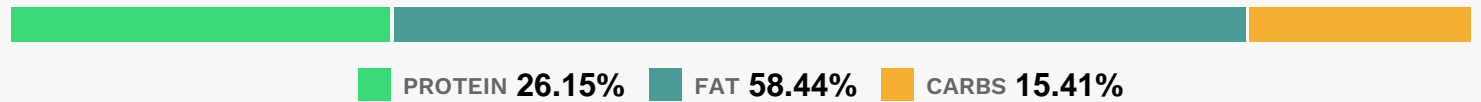
Lay wraps flat on a work area and spread them with mayonnaise mixture.

Layer spinach leaves flat, down center of wraps. Top with chicken, mango, avocado and sprouts.

Roll wraps snugly.

Cut in half and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.37, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:2.4834782955763%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 36.18kcal (1.81%), Fat: 2.4g (3.69%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.8g (0.89%), Cholesterol: 6.97mg (2.32%), Sodium: 18.16mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 14.83µg (14.13%), Vitamin A: 289.24IU (5.78%), Vitamin B3: 0.82mg (4.09%), Vitamin C: 3.31mg (4.01%), Selenium: 2.21µg (3.15%), Vitamin B6: 0.06mg (2.98%), Folate: 11.67µg (2.92%), Phosphorus: 22.05mg (2.2%), Fiber: 0.51g (2.03%), Potassium: 67.62mg (1.93%), Vitamin B5: 0.17mg (1.75%), Manganese: 0.03mg (1.74%), Vitamin E: 0.25mg (1.67%), Vitamin B2: 0.03mg (1.61%),

Magnesium: 5.94mg (1.49%), Zinc: 0.19mg (1.28%), Copper: 0.03mg (1.28%), Iron: 0.22mg (1.23%)