



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)

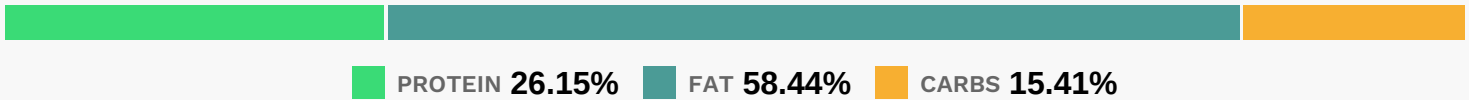
Equipment

☐ 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: Og (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%), Copper: 0.03mg (1.28%), Zinc: 0.19mg (1.28%), Iron: 0.22mg (1.23%)