



Chicken Marsala Wrap

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.5 oz oscar mayer carving board rotisserie seasoned chicken breast
- 4 cups mushrooms fresh thinly sliced
- 1 cup marsala wine
- 1 tsp oil
- 1 large onion thinly sliced
- 4 deli deluxe process sharp cheddar cheese kraft
- 4 10-inch tortillas whole wheat warmed ()

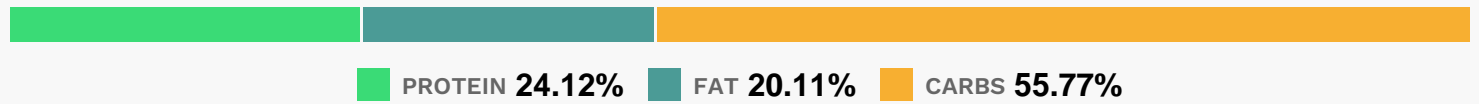
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add vegetables; cook and stir 10 min. or until tender. Stir in chicken and wine; cook 2 min. or until wine is cooked off, stirring occasionally.
- Top with cheese; cover. Cook 1 min. or until melted.
- Spoon chicken mixture down centers of tortillas. Fold in opposite sides of each tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:14.173913090125%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 409.04kcal (20.45%), Fat: 7.87g (12.1%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 42.83g (15.58%), Sugar: 11.27g (12.52%), Cholesterol: 35.02mg (11.67%), Sodium: 515.3mg (22.4%), Alcohol: 9.18g (100%), Alcohol %: 3.65% (100%), Protein: 21.23g (42.47%), Vitamin B3: 9.18mg (45.91%), Selenium: 26.71µg (38.15%), Vitamin B2: 0.46mg (27.32%), Vitamin B6: 0.54mg (27.18%), Fiber: 6.26g (25.04%), Vitamin B5: 2.26mg (22.64%), Phosphorus: 215.04mg (21.5%), Copper: 0.36mg (18.08%), Potassium: 612.67mg (17.5%), Calcium: 150.47mg (15.05%), Iron: 2.58mg (14.34%), Vitamin B1: 0.14mg (9.34%), Manganese: 0.17mg (8.65%), Magnesium: 31.88mg (7.97%), Vitamin C: 5.43mg (6.58%), Folate: 25.78µg (6.45%), Zinc: 0.95mg (6.33%), Vitamin B12: 0.16µg (2.59%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.08µg (1.03%)