



Chicken Salad & Feta Wraps

READY IN



10 min.

SERVINGS



10

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

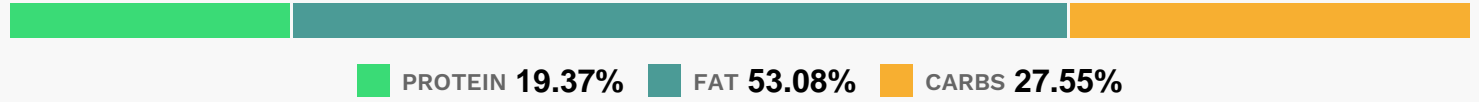
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 oz athenos feta cheese crumbled traditional
- 4 8-inch flour tortillas ()
- 2 Tbsp basil fresh chopped
- 0.8 cup grape halves red seedless
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup pinenuts toasted

Equipment

Directions

- Combine all ingredients except tortillas.
- Spoon chicken mixture evenly onto tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:22.7, Glycemic Load:4.22, Inflammation Score:-2, Nutrition Score:7.8086956272955%

Nutrients (% of daily need)

Calories: 189.44kcal (9.47%), Fat: 11.2g (17.23%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.11g (4.41%), Sugar: 2.67g (2.97%), Cholesterol: 26.9mg (8.97%), Sodium: 327.91mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Manganese: 0.43mg (21.34%), Vitamin K: 19.55µg (18.62%), Vitamin B3: 3.53mg (17.64%), Selenium: 11.11µg (15.87%), Phosphorus: 142.57mg (14.26%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.15mg (10.2%), Calcium: 92.59mg (9.26%), Vitamin B6: 0.18mg (8.87%), Iron: 1.27mg (7.06%), Folate: 26µg (6.5%), Zinc: 0.85mg (5.66%), Magnesium: 21.7mg (5.43%), Copper: 0.1mg (4.9%), Vitamin B12: 0.26µg (4.27%), Vitamin E: 0.6mg (3.98%), Fiber: 0.96g (3.84%), Potassium: 122.69mg (3.51%), Vitamin B5: 0.34mg (3.36%), Vitamin A: 129.98IU (2.6%)