



Chicken Salad Roll-Ups

READY IN



95 min.

SERVINGS



24

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 leaves boston lettuce
- ☐ 0.5 cup cream cheese (from 8-ounce container)
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 2 10-inch flour tortilla (es in diameter)
- ☐ 3 tablespoons spring onion chopped
- ☐ 0.5 cup poppy seeds
- ☐ 0.5 cup strawberries finely chopped
- ☐ 0.3 cup walnut pieces chopped

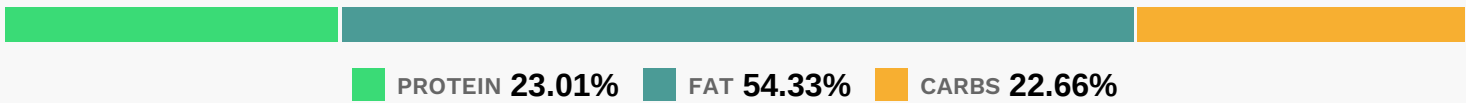
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Mix chicken, onions and walnuts in food processor bowl. Cover and process by using quick on-and-off motions until finely chopped.
- ☐ Add 1/3 cup of the poppy seed dressing; process only until mixed.
- ☐ Mix remaining dressing and the cream cheese spread in small bowl with spoon until smooth.
- ☐ Spread cream cheese mixture evenly over entire surface of tortillas.
- ☐ Remove white rib from lettuce leaves. Press lettuce into cream cheese, tearing to fit and leaving top 2 inches of tortillas uncovered.
- ☐ Spread chicken mixture over lettuce.
- ☐ Sprinkle strawberries over chicken.
- ☐ Firmly roll up tortillas, beginning at bottom. Wrap each roll in plastic wrap. Refrigerate at least 1 hour. Trim ends of each roll.
- ☐ Cut rolls into 1/2- to 3/4-inch slices.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:3.6886956354846%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 74.48kcal (3.72%), Fat: 4.55g (6.99%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.69g (0.76%), Cholesterol: 13.53mg (4.51%), Sodium: 67.44mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.23mg (11.61%), Selenium: 4.96µg (7.08%), Phosphorus: 64.05mg (6.41%), Vitamin B3: 1.24mg (6.21%), Vitamin K: 6.01µg (5.72%), Calcium: 47.99mg (4.8%), Vitamin B1: 0.06mg (4.19%), Vitamin A: 200.58IU (4.01%), Iron: 0.67mg (3.7%), Magnesium: 14.34mg (3.59%), Vitamin B6: 0.07mg (3.53%), Copper: 0.07mg (3.48%), Folate: 13.33µg (3.33%), Fiber: 0.81g (3.25%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.45mg (2.99%), Vitamin C: 2.08mg (2.52%), Potassium: 76.19mg (2.18%), Vitamin B5: 0.17mg (1.74%)