



Chicken Salad Wraps

READY IN



20 min.

SERVINGS



20

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup athenos feta cheese crumbled traditional
- 12.5 oz flour tortillas warmed ()
- 0.3 cup dressing italian kraft
- 4 cups salad greens mixed ()
- 1 medium bell pepper red chopped
- 1 medium tomatoes chopped

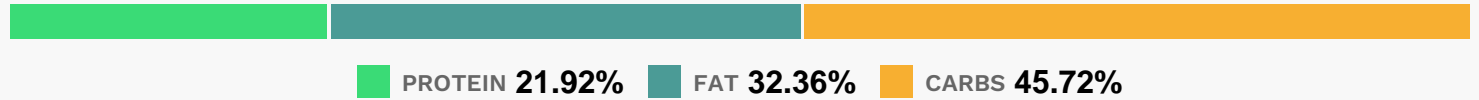
Equipment

bowl

Directions

- Toss salad greens with chicken, tomato, peppers and cheese in large bowl.
- Add dressing; mix lightly.
- Place about 2/3 cup of the greens mixture on each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:2.94, Inflammation Score:-4, Nutrition Score:4.7160869279633%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 89.17kcal (4.46%), Fat: 3.18g (4.89%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.29g (3.38%), Sugar: 1.39g (1.54%), Cholesterol: 10.57mg (3.52%), Sodium: 211.25mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 10.33mg (12.52%), Vitamin B3: 2.13mg (10.65%), Selenium: 6.96µg (9.94%), Phosphorus: 75.11mg (7.51%), Vitamin B1: 0.11mg (7.29%), Vitamin A: 347.07IU (6.94%), Folate: 24.82µg (6.2%), Vitamin B2: 0.1mg (5.97%), Manganese: 0.12mg (5.82%), Vitamin B6: 0.11mg (5.39%), Calcium: 48.09mg (4.81%), Iron: 0.86mg (4.76%), Vitamin K: 3.79µg (3.61%), Fiber: 0.82g (3.28%), Potassium: 89.6mg (2.56%), Magnesium: 9.49mg (2.37%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.18mg (1.81%), Copper: 0.03mg (1.65%), Vitamin B12: 0.09µg (1.54%), Vitamin E: 0.22mg (1.48%)