



Chicken Wrap With Chipotle Sour Cream

READY IN



26 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 to 1 chipotle pepper in adobo sauce seeded drained finely chopped
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 4 romaine lettuce leaves
- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned
- ☐ 3 cups tomatoes seeded finely chopped (2 medium)

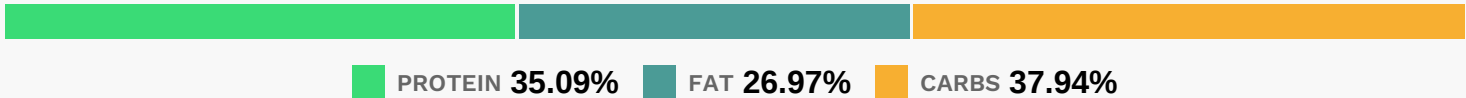
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine chipotle pepper and sour cream in a small bowl; set aside.
- ☐ Combine tomato and salt in a medium bowl; set aside.
- ☐ Sprinkle both sides of chicken with cumin and black pepper.
- ☐ Place a large nonstick skillet over high heat until hot; coat with cooking spray.
- ☐ Add chicken, and cook 1 minute on each side. Reduce heat to medium, and cook 3 to 4 minutes on each side or until done.
- ☐ Remove from skillet, and let stand 5 minutes.
- ☐ Slice chicken diagonally across grain into thin strips. Wrap tortillas in wax paper or damp paper towels, and microwave at HIGH 20 seconds or until warm.
- ☐ Spoon 2 tablespoons sour cream mixture down the center of each tortilla; top each with a lettuce leaf. Divide chicken evenly over lettuce; sprinkle with tomato. Squeeze lime over tomato, if desired.
- ☐ Roll up, and slice in half crosswise, securing each half with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:9.14, Inflammation Score:-10, Nutrition Score:26.271304280862%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 353.06kcal (17.65%), Fat: 10.49g (16.13%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 29.18g (10.61%), Sugar: 5.37g (5.96%), Cholesterol: 82.64mg (27.55%), Sodium: 684.84mg (29.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.71g (61.41%), Vitamin B3: 14.88mg (74.39%), Vitamin A: 3505.81IU (70.12%), Selenium: 48.7µg (69.57%), Vitamin B6: 1mg (49.91%), Phosphorus: 401.72mg (40.17%), Vitamin K: 42.01µg (40.01%), Folate: 110.57µg (27.64%), Vitamin B1: 0.41mg (27.03%), Potassium: 890.57mg (25.44%), Manganese: 0.49mg (24.43%), Vitamin C: 18.09mg (21.92%), Vitamin B2: 0.33mg (19.64%), Vitamin B5: 1.84mg (18.42%), Iron: 3.27mg (18.15%), Fiber: 4.02g (16.07%), Magnesium: 62.05mg (15.51%), Calcium: 146.93mg (14.69%), Zinc: 1.35mg (9.02%), Copper: 0.18mg (8.77%), Vitamin E: 0.96mg (6.41%), Vitamin B12: 0.35µg (5.79%), Vitamin D: 0.17µg (1.14%)