



Chicken Wrap with Curry-Mango Mayonnaise

READY IN



10 min.

SERVINGS



4

CALORIES



272 kcal

Ingredients

- 2 cups meat from a rotisserie chicken cooked chopped (rotisserie or leftovers)
- 0.8 teaspoon curry powder
- 0.5 cup mayonnaise fat-free
- 0.1 teaspoon ground pepper red
- 0.5 cup mangos peeled finely chopped
- 0.3 cup onion chopped
- 0.5 cup bell pepper red chopped
- 4 red-leaf lettuce leaves
- 4 flatbreads whole wheat

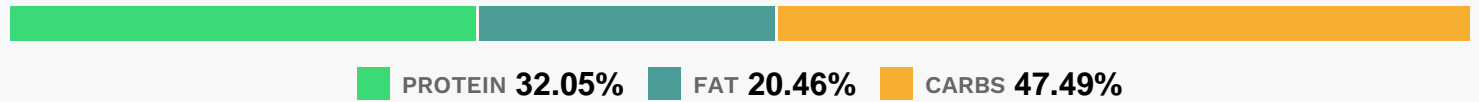
Equipment

bowl

Directions

- Combine first 4 ingredients (through ground red pepper) in a medium bowl.
- Add chicken, bell pepper and onion; stir to combine.
- Divide chicken mixture evenly among flat breads (about 1/2 cup each), spreading to cover half of each flat bread. Top chicken mixture with 1 lettuce leaf.
- Roll up and serve.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:18.372608827508%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 272.19kcal (13.61%), Fat: 6.31g (9.71%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 28.7g (10.44%), Sugar: 8.41g (9.35%), Cholesterol: 55.1mg (18.37%), Sodium: 456.72mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.49%), Vitamin A: 2641.88IU (52.84%), Selenium: 35.31µg (50.45%), Vitamin C: 36.5mg (44.24%), Manganese: 0.85mg (42.52%), Vitamin B3: 7.1mg (35.5%), Vitamin B6: 0.51mg (25.68%), Phosphorus: 226.93mg (22.69%), Fiber: 4.26g (17.05%), Vitamin B1: 0.22mg (14.97%), Iron: 2.57mg (14.29%), Magnesium: 52.34mg (13.09%), Zinc: 1.83mg (12.22%), Folate: 46.6µg (11.65%), Vitamin B5: 1.12mg (11.25%), Vitamin B2: 0.19mg (11.23%), Potassium: 384.6mg (10.99%), Copper: 0.19mg (9.75%), Vitamin K: 9.94µg (9.46%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.2µg (3.38%), Calcium: 32.53mg (3.25%)