



Creole Chicken Wraps

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon thyme leaves dried
- 2 teaspoons garlic powder
- 1 teaspoon ground cumin
- 1 onion thinly sliced
- 1 cup mayonnaise
- 2 tablespoons paprika

- 4 plum tomatoes sliced
- 1 small onion red sliced
- 8 romaine lettuce leaves
- 2 teaspoons salt
- 4 servings sea salt and pepper black freshly ground
- 1 cup mozzarella cheese shredded
- 1 pound chicken breasts boneless skinless
- 4 servings vegetable oil for the grill
- 4 cups flour whole-wheat for dusting plus more

Equipment

- bowl
- frying pan
- baking paper
- whisk
- wooden spoon
- grill
- aluminum foil
- kitchen towels
- rolling pin
- grill pan
- cutting board

Directions

- Make Guy's Flatbread (optional).
- Mix all of the ingredients in a small bowl with 2 teaspoons salt and 1 teaspoon black pepper.
- Whisk the mayonnaise and 1 tablespoon of the rub in a bowl. Cover and refrigerate until ready to use.

- Preheat a grill or grill pan to medium high. Toss the chicken with 3 tablespoons rub. Oil the grill; grill the chicken until marked, about 6 minutes. Turn and grill until cooked through, about 4 minutes.
- Transfer to a cutting board.
- Wipe the grill clean and brush with more oil.
- Lay the bread on the grill, then brush with the spiced mayonnaise and top with mozzarella. Grill until the bottom is marked, 1 to 2 minutes.
- Transfer to a cutting board.
- Cube the chicken and arrange down the center of each piece of bread. Top with the tomatoes, onions and lettuce.
- Roll up and wrap with parchment paper or foil to seal.
- Mix the flour and salt in a medium bowl. Using a wooden spoon, slowly stir in 2 cups warm water until a dough forms. Lightly flour a clean board, then turn the dough out onto it and knead until smooth, about 10 minutes.
- Transfer to a clean bowl and cover with a damp kitchen towel; let rest 20 minutes.
- Preheat a griddle over medium-high heat. Divide the dough into 8 balls. Using a rolling pin, roll out the balls on a floured board into rough 7-by-8-inch rectangles, about 1/4 inch thick. Working in batches, cook the dough on the hot griddle until marked on the bottom, 1 to 2 minutes. Flip and grill until marked on the other side. Stack the flatbreads and cover with a kitchen towel up to 20 minutes before serving.

Nutrition Facts



PROTEIN 16.09% **FAT 50.25%** **CARBS 33.66%**

Properties

Glycemic Index:57.75, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:52.86695625471%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg

Nutrients (% of daily need)

Calories: 1204.64kcal (60.23%), Fat: 69.22g (106.49%), Saturated Fat: 13.7g (85.64%), Carbohydrates: 104.32g (34.77%), Net Carbohydrates: 86.51g (31.46%), Sugar: 9.22g (10.24%), Cholesterol: 118.21mg (39.4%), Sodium: 1855.77mg (80.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.73%), Manganese: 5.31mg (265.32%), Vitamin K: 191.06µg (181.96%), Selenium: 118.04µg (168.63%), Vitamin A: 7762.52IU (155.25%), Vitamin B3: 18.99mg (94.96%), Phosphorus: 862.73mg (86.27%), Vitamin B6: 1.71mg (85.53%), Fiber: 17.81g (71.24%), Magnesium: 236.37mg (59.09%), Vitamin B1: 0.82mg (54.95%), Folate: 175.66µg (43.91%), Iron: 7.58mg (42.1%), Potassium: 1441.59mg (41.19%), Vitamin E: 5.94mg (39.58%), Zinc: 5.34mg (35.61%), Copper: 0.71mg (35.27%), Vitamin B2: 0.53mg (31.28%), Vitamin B5: 2.83mg (28.3%), Calcium: 262.04mg (26.2%), Vitamin C: 18.7mg (22.67%), Vitamin B12: 0.93µg (15.54%), Vitamin D: 0.34µg (2.25%)