



## Crunchy Asian Chicken Wraps

READY IN



15 min.

SERVINGS



15

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 1 large carrots shredded
- 2 cups meat from a rotisserie chicken cooked chopped
- 4 10-inch flour tortillas ()
- 1 green onion thinly sliced
- 4 cups lettuce shredded
- 2 Tbsp miracle whip dressing

### Equipment

bowl

## Directions

- Mix dressings in large bowl.
- Add lettuce, chicken, carrots and onions; mix lightly.
- Spoon onto tortillas; roll up.

## Nutrition Facts



## Properties

Glycemic Index:9.66, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:5.3417391673378%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 113.46kcal (5.67%), Fat: 4.71g (7.25%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9.88g (3.59%), Sugar: 1.88g (2.09%), Cholesterol: 14.19mg (4.73%), Sodium: 215.22mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Vitamin A: 916.87IU (18.34%), Selenium: 8.85µg (12.64%), Vitamin B3: 2.37mg (11.86%), Vitamin K: 10.59µg (10.09%), Phosphorus: 81.76mg (8.18%), Vitamin B1: 0.12mg (7.8%), Manganese: 0.13mg (6.38%), Folate: 25.47µg (6.37%), Iron: 1.04mg (5.76%), Vitamin B2: 0.09mg (5.19%), Vitamin B6: 0.1mg (5.14%), Fiber: 1.12g (4.48%), Calcium: 36.03mg (3.6%), Potassium: 118.31mg (3.38%), Zinc: 0.43mg (2.87%), Magnesium: 10.11mg (2.53%), Vitamin B5: 0.24mg (2.43%), Copper: 0.04mg (1.88%), Vitamin E: 0.28mg (1.86%), Vitamin C: 0.97mg (1.18%)