



 3%
HEALTH SCORE

Curried Chicken Roll-Ups

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce chicken breast drained chopped canned
- 0.5 medium cucumber diced
- 0.3 bell pepper diced red
- 1 celery stalks diced
- 1 spring onion sliced
- 3 tablespoons mayonnaise light
- 1 teaspoon juice of lime
- 1 teaspoon curry paste red

- 0.5 teaspoon garlic powder
- 0.5 teaspoon paprika
- 1 Dash chili powder
- 4 servings salt and pepper to taste
- 4 tortillas whole
- 1 cup lettuce chopped

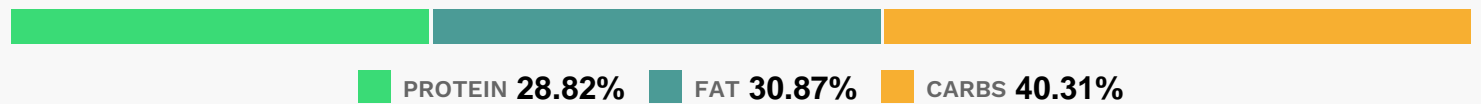
Equipment

- bowl
- stove
- serrated knife

Directions

- Place all ingredients (except tortillas, lettuce, and cream cheese) into a bowl. Stir well, until everything is nicely mixed and the larger chicken pieces have pulled apart.
- Lightly toast or warm your tortillas on the stove top.
- Scoop out a quarter of your chicken salad mixture and evenly spread it over the top of the tortilla.
- Sprinkle a quarter of your lettuce over the chicken salad.
- Now gently, and tightly, roll up your tortilla.
- Use a good serrated knife to gently slice the roll into 4 or 6 pieces.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:6.9652173913043%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin:

0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Taste

Sweetness: 16.26%, Saltiness: 100%, Sourness: 13.26%, Bitterness: 16.4%, Savoriness: 69.45%, Fattiness: 67.23%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 179.73kcal (8.99%), Fat: 6.23g (9.59%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 16.36g (5.95%), Sugar: 2.75g (3.05%), Cholesterol: 32.86mg (10.95%), Sodium: 772.36mg (33.58%), Protein: 13.09g (26.19%), Vitamin K: 21.29µg (20.27%), Vitamin A: 777.83IU (15.56%), Vitamin C: 11.91mg (14.44%), Vitamin B1: 0.18mg (11.75%), Folate: 43.55µg (10.89%), Manganese: 0.22mg (10.83%), Selenium: 7.19µg (10.28%), Iron: 1.46mg (8.13%), Phosphorus: 78.8mg (7.88%), Fiber: 1.95g (7.81%), Vitamin B3: 1.51mg (7.55%), Vitamin B2: 0.11mg (6.52%), Calcium: 58.01mg (5.8%), Potassium: 143.43mg (4.1%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.58mg (3.87%), Magnesium: 13.9mg (3.47%), Copper: 0.07mg (3.32%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.17mg (1.73%)