



Curried Chicken Salad Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons agave nectar
- ☐ 12.5 ounce meat from a rotisserie chicken drained and rinsed canned
- ☐ 1 large carrots shredded peeled
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup raisins dried
- ☐ 1 apples i use 2 granny smith apples chopped
- ☐ 1 tablespoon greek yogurt
- ☐ 1 tablespoon nonfat cream sour

- ☐ 4 servings salt & pepper to taste
- ☐ 4 tortillas whole-wheat without trans fat or hydrogenated oils

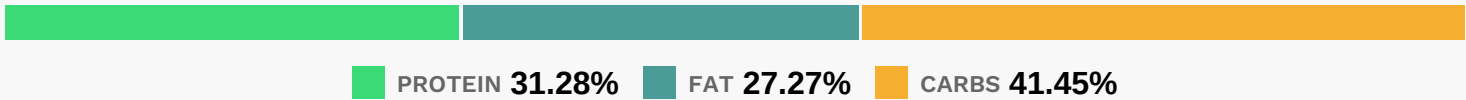
Equipment

- ☐ bowl

Directions

- ☐ Mix all the ingredients (except the tortillas) in a large bowl until combined.
- ☐ Add 1/4 of the mixture into each whole-wheat tortilla and roll up.

Nutrition Facts



Properties

Glycemic Index:33.21, Glycemic Load:7.36, Inflammation Score:-9, Nutrition Score:13.839565383351%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 331.08kcal (16.55%), Fat: 10.01g (15.41%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 30.68g (11.16%), Sugar: 14.92g (16.58%), Cholesterol: 44.75mg (14.92%), Sodium: 861.37mg (37.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.69%), Vitamin A: 3211.05IU (64.22%), Selenium: 23.91µg (34.15%), Phosphorus: 222.48mg (22.25%), Vitamin B3: 3.8mg (19%), Zinc: 2.54mg (16.93%), Iron: 2.83mg (15.72%), Vitamin B12: 0.92µg (15.35%), Fiber: 3.55g (14.21%), Manganese: 0.28mg (13.77%), Vitamin B2: 0.22mg (13.12%), Vitamin B6: 0.26mg (13.07%), Vitamin B1: 0.18mg (12.13%), Vitamin K: 10.49µg (9.99%), Folate: 38.78µg (9.7%), Potassium: 315.54mg (9.02%), Magnesium: 32.74mg (8.18%), Calcium: 80.79mg (8.08%), Vitamin E: 1.01mg (6.74%), Copper: 0.11mg (5.72%), Vitamin C: 3.98mg (4.82%), Vitamin B5: 0.15mg (1.55%)