



Easy Chicken Salad Lettuce Wraps



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 3 large iceberg lettuce leaves
- 1 tsp juice of lemon
- 2 Tbsp real mayo mayonnaise kraft
- 0.5 cup grapes red seedless
- 1 tsp tarragon leaves dried

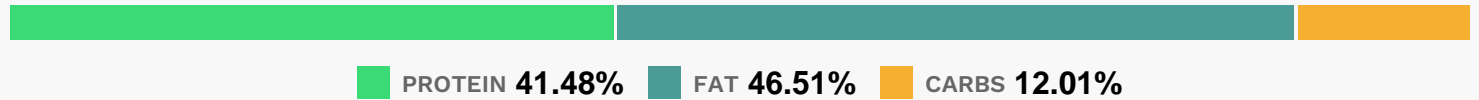
Equipment

- bowl

Directions

- Mix mayo, lemon juice and tarragon in medium bowl.
- Add chicken and grapes; mix lightly. Cover.
- Refrigerate at least 30 minutes.
- Spoon chicken salad evenly over lettuce leaves; roll up.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.51000000593131%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 11.77kcal (0.59%), Fat: 0.6g (0.92%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.28g (0.31%), Cholesterol: 3.47mg (1.16%), Sodium: 6.8mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin B3: 0.53mg (2.63%), Selenium: 1.06µg (1.52%), Vitamin K: 1.38µg (1.32%), Vitamin B6: 0.03mg (1.27%)