



Baja Grilled Chicken Wrap

READY IN



29 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese shredded mexican style kraft finely
- 1 teaspoon chili powder
- 0.3 cup cream sour
- 1.5 cups coleslaw mix (cabbage slaw mix)
- 0.5 cup grape tomatoes quartered
- 1 tablespoon juice of lime
- 0.3 cup ranch dressing
- 0.5 cup salsa your favorite
- 1 pound chicken breast boneless skinless chopped

4 10-inch tortillas whole wheat ()

Equipment

toothpicks

grill

Directions

Heat grill to medium heat.

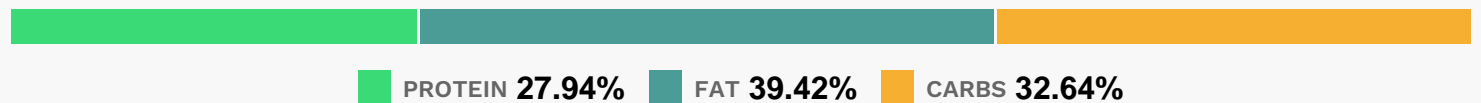
Combine first 7 ingredients.

Spoon chicken mixture down centers of tortillas. Fold in sides of tortillas, then roll up burrito-style. Secure with toothpicks, if desired.

Grill, seam-sides down, 8 to 9 minutes or until golden brown on all sides, turning occasionally.

Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:20.329999980719%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 503.85kcal (25.19%), Fat: 22.06g (33.95%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 34.8g (12.65%), Sugar: 7.02g (7.8%), Cholesterol: 99.08mg (33.03%), Sodium: 1026.06mg (44.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.36%), Vitamin B3: 12.46mg (62.28%), Selenium: 41.82µg (59.74%), Vitamin B6: 0.99mg (49.3%), Vitamin K: 44.22µg (42.11%), Phosphorus: 365.37mg (36.54%), Calcium: 272.33mg (27.23%), Fiber: 6.32g (25.26%), Vitamin B5: 1.99mg (19.89%), Vitamin C: 15.4mg (18.66%), Potassium: 644.77mg (18.42%), Vitamin A: 757.8IU (15.16%), Iron: 2.58mg (14.32%), Vitamin B2: 0.24mg

(14.27%), Magnesium: 46.6mg (11.65%), Vitamin E: 1.44mg (9.63%), Zinc: 1.42mg (9.45%), Vitamin B1: 0.12mg (7.88%), Vitamin B12: 0.43µg (7.2%), Manganese: 0.14mg (6.77%), Folate: 24.86µg (6.22%), Copper: 0.08mg (4.19%), Vitamin D: 0.21µg (1.42%)