



Greek Grilled Chicken Wraps

READY IN



32 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.5 cup artichoke and garlic hummus prepared
- ☐ 0.5 cup grape tomatoes halved
- ☐ 0.8 cup greek dressing fat-free divided
- ☐ 1 large bell pepper red
- ☐ 0.3 cup onion red thinly sliced
- ☐ 1 cup romaine lettuce shredded
- ☐ 0.8 pound chicken breast halves boneless skinless

☐ 4 8-inch tortillas whole wheat

Equipment

☐ bowl

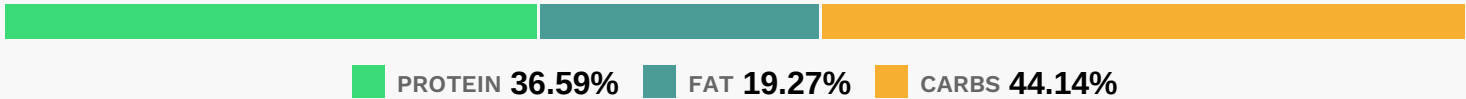
☐ grill

☐ ziploc bags

Directions

- ☐ Combine chicken and 1/2 cup dressing in a large zip-top plastic bag. Seal bag; marinate in refrigerator at least 2 hours, turning bag occasionally.
- ☐ . While chicken marinates, combine artichoke and remaining 1/4 cup dressing in a small bowl; cover and refrigerate.
- ☐ . Prepare grill.
- ☐ Cut bell pepper in half lengthwise. Discard seeds and membranes. Flatten pepper halves with palm of hand.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken and pepper halves on grill rack coated with cooking spray. Cook chicken 5 to 6 minutes on each side or until done. Cook pepper halves, skin sides down, 10 to 11 minutes or until charred. Discard charred skins. Slice chicken and bell pepper into strips.
- ☐ Add lettuce, tomato, and onion to artichoke mixture; toss gently.
- ☐ Spread 2 tablespoons hummus over each tortilla; arrange chicken and bell pepper evenly over hummus. Top evenly with artichoke mixture; sprinkle evenly with feta cheese. Fold top and bottom of each tortilla toward center; roll up burrito-style (wrap will be full). Secure with wooden picks, if necessary.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:22.301738894504%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 322.45kcal (16.12%), Fat: 6.82g (10.49%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 29.11g (10.58%), Sugar: 6.71g (7.46%), Cholesterol: 62.61mg (20.87%), Sodium: 814.92mg (35.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.29%), Vitamin C: 62.57mg (75.84%), Vitamin B6: 1.06mg (52.84%), Vitamin A: 2520.93IU (50.42%), Selenium: 34.54µg (49.35%), Vitamin B3: 9.7mg (48.5%), Phosphorus: 301.05mg (30.11%), Fiber: 6.05g (24.2%), Manganese: 0.4mg (20.03%), Calcium: 193.61mg (19.36%), Vitamin B2: 0.32mg (18.7%), Potassium: 614.39mg (17.55%), Vitamin B5: 1.68mg (16.81%), Vitamin K: 16.15µg (15.38%), Folate: 48.34µg (12.08%), Iron: 2mg (11.1%), Magnesium: 41.45mg (10.36%), Vitamin B1: 0.15mg (9.98%), Vitamin B12: 0.55µg (9.21%), Zinc: 1.27mg (8.48%), Vitamin E: 0.96mg (6.38%), Copper: 0.11mg (5.5%)