



## Green Goddess Chicken Wraps

READY IN



40 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 fillet anchovy
- ☐ 4 ounces baby spinach
- ☐ 4 burrito-size tortillas whole-wheat ()
- ☐ 2 teaspoons capers
- ☐ 2 tablespoons chives roughly chopped
- ☐ 2 tablespoons flat-leaf parsley roughly chopped
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup mayonnaise
- ☐ 4 slices muenster cheese cut in half thin
- ☐ 4 ounces mushrooms thinly sliced
- ☐ 2 cups skinned rotisserie chicken shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons tarragon roughly chopped
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 bell pepper yellow cut into strips

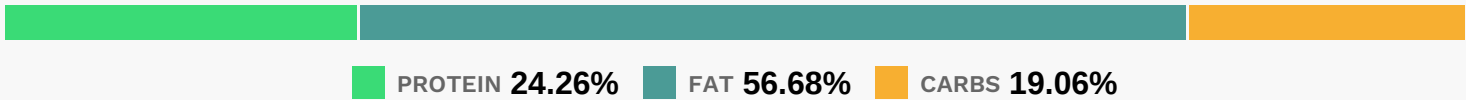
## Equipment

- ☐ food processor
- ☐ bowl

## Directions

- ☐ Make dressing: In a food processor, whirl garlic until finely chopped.
- ☐ Add lemon juice, herbs, capers, anchovy, vinegar, mayonnaise, sour cream, and salt and whirl until well blended.
- ☐ Make wraps: In a medium bowl, toss chicken with about 3/4 cup dressing until evenly coated.
- ☐ Lay tortillas flat on a work surface. Arrange equal portions of chicken down the center of each. Evenly top chicken with bell pepper, mushrooms, cheese, and spinach, then drizzle 1 tbsp. more dressing over each wrap's filling (save the remaining dressing for another use). Fold tortillas over short sides of filling, then roll up, starting from long side of filling.

## Nutrition Facts



## Properties

Glycemic Index:88, Glycemic Load:11.01, Inflammation Score:-10, Nutrition Score:29.277390982794%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 788.11kcal (39.41%), Fat: 50g (76.92%), Saturated Fat: 15.98g (99.85%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 34.12g (12.41%), Sugar: 4.53g (5.03%), Cholesterol: 169.76mg (56.59%), Sodium: 1416.91mg (61.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.15g (96.3%), Vitamin K: 224.27µg (213.59%), Vitamin C: 70.44mg (85.38%), Vitamin A: 3581.45IU (71.63%), Manganese: 0.91mg (45.52%), Calcium: 399.6mg (39.96%), Folate: 145.74µg (36.43%), Phosphorus: 344.35mg (34.44%), Selenium: 22.81µg (32.59%), Vitamin B2: 0.54mg (31.96%), Iron: 4.78mg (26.56%), Vitamin B1: 0.38mg (25.48%), Vitamin B3: 4.71mg (23.53%), Potassium: 599.28mg (17.12%), Magnesium: 67.51mg (16.88%), Vitamin B6: 0.3mg (15.04%), Fiber: 3.7g (14.79%), Copper: 0.28mg (13.93%), Zinc: 1.79mg (11.92%), Vitamin E: 1.72mg (11.45%), Vitamin B12: 0.52µg (8.72%), Vitamin B5: 0.82mg (8.18%), Vitamin D: 0.28µg (1.87%)