



## Grilled BBQ Chicken Wraps

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 4 10-inch flour tortillas ()
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 1 cup mild cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 1 tomatoes chopped

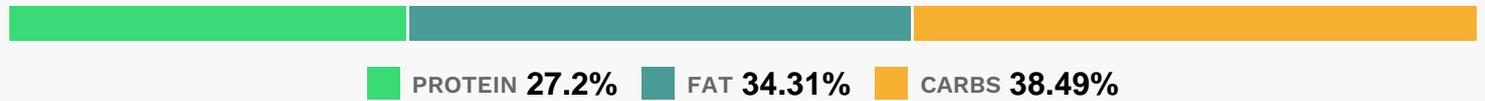
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Brush chicken with dressing. Grill 6 to 8 min. on each side or until done (165F), brushing with 1/4 cup sauce for the last few minutes.
- Cut into strips.
- Spoon remaining sauce down centers of tortillas; top with chicken, cheese and tomatoes. Fold in opposite sides of tortillas; roll up burrito-style.
- Grill, seam-sides down, 8 to 9 min. or until golden brown, turning after 5 min.

## Nutrition Facts



## Properties

Glycemic Index:3.3, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:3.2356521487236%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 73.63kcal (3.68%), Fat: 2.77g (4.26%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.57g (2.39%), Sugar: 2.21g (2.45%), Cholesterol: 13.44mg (4.48%), Sodium: 174.76mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Selenium: 8.08µg (11.54%), Vitamin B3: 2.05mg (10.23%), Phosphorus: 70.39mg (7.04%), Vitamin B6: 0.13mg (6.46%), Calcium: 43.19mg (4.32%), Vitamin B1: 0.06mg (4.04%), Vitamin B2: 0.06mg (3.62%), Manganese: 0.06mg (2.99%), Folate: 10.88µg (2.72%), Potassium: 92.52mg (2.64%), Vitamin B5: 0.26mg (2.58%), Iron: 0.45mg (2.48%), Magnesium: 8.15mg (2.04%), Zinc: 0.29mg (1.94%), Vitamin K: 2.03µg (1.93%), Vitamin A: 87.64IU (1.75%), Fiber: 0.42g (1.68%), Vitamin B12: 0.07µg (1.17%), Copper: 0.02mg (1.06%)