



Grilled Chicken Wrap

READY IN



25 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 1 cup four cheese shredded mexican style kraft finely
- 4 10-inch flour tortillas warmed ()
- 2 cups lettuce shredded
- 1 lb chicken breasts boneless skinless

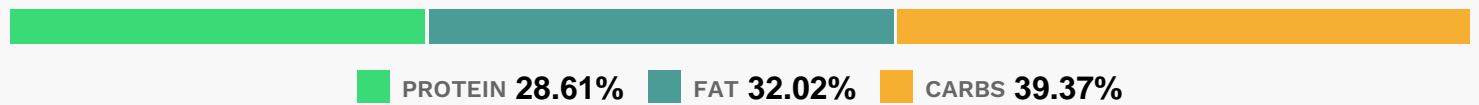
Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Grill chicken 6 to 8 min. on each side or until done (165F), brushing with 1/4 cup sauce the last few minutes.
- Cut into strips.
- Spoon remaining sauce down centers of tortillas; top with chicken, cheese and lettuce.
- Fold in opposite sides of tortillas, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:11.31, Inflammation Score:-7, Nutrition Score:23.8795652856%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 525.26kcal (26.26%), Fat: 18.41g (28.32%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 47.72g (17.35%), Sugar: 15.27g (16.96%), Cholesterol: 100.82mg (33.61%), Sodium: 1203.32mg (52.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.03%), Selenium: 60.39µg (86.28%), Vitamin B3: 15.19mg (75.97%), Phosphorus: 526.07mg (52.61%), Vitamin B6: 0.95mg (47.6%), Calcium: 325.87mg (32.59%), Vitamin B1: 0.46mg (30.39%), Vitamin B2: 0.46mg (27.32%), Manganese: 0.46mg (22.78%), Folate: 87.42µg (21.86%), Vitamin B5: 1.94mg (19.39%), Potassium: 662.53mg (18.93%), Iron: 3.38mg (18.79%), Magnesium: 59.68mg (14.92%), Zinc: 2.18mg (14.54%), Vitamin K: 15.26µg (14.54%), Fiber: 3.2g (12.81%), Vitamin A: 577.88IU (11.56%), Vitamin B12: 0.53µg (8.77%), Copper: 0.15mg (7.37%), Vitamin E: 0.78mg (5.19%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.28µg (1.89%)