



Grilled Chicken Wraps

READY IN



45 min.

SERVINGS



45

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 2 tsp chili powder
- 4 8-inch flour tortillas ()
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 2 tsp oil
- 1 lb chicken breasts boneless skinless
- 1 tomatoes chopped

Equipment

bowl

grill

Directions

Heat grill to medium heat.

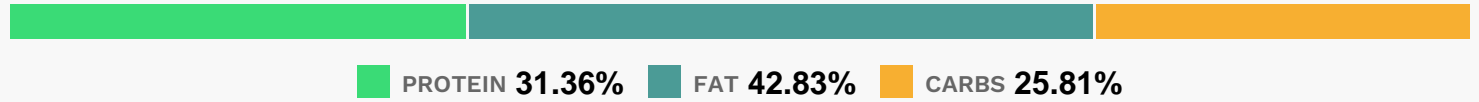
Brush chicken with oil. Grill 6 to 8 min. on each side or until done (165F); cool slightly.

Cut chicken into strips; place in medium bowl.

Add cheese, tomatoes, dressing and chili powder; mix lightly. Spoon down centers of tortillas. Fold in opposite sides of tortillas, then roll up burrito-style.

Place, seam sides down, on grill grate. Grill 4 to 5 min. on each side or until evenly browned.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.9969565317683%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.56kcal (2.03%), Fat: 1.91g (2.93%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.35g (0.86%), Sugar: 0.36g (0.4%), Cholesterol: 8.96mg (2.99%), Sodium: 73.32mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Selenium: 4.99µg (7.13%), Vitamin B3: 1.28mg (6.42%), Phosphorus: 43.17mg (4.32%), Vitamin B6: 0.09mg (4.26%), Calcium: 25.67mg (2.57%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 86.89IU (1.74%), Vitamin B5: 0.16mg (1.65%), Potassium: 54.54mg (1.56%), Manganese: 0.03mg (1.48%), Folate: 5.64µg (1.41%), Vitamin K: 1.44µg (1.37%), Iron: 0.24mg (1.31%), Zinc: 0.19mg (1.23%), Magnesium: 4.82mg (1.21%), Vitamin E: 0.16mg (1.03%)