



## Grilled Chicken Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2.5 teaspoons pepper black divided
- ☐ 1 cup cabbage shredded
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 4 sandwich bread

- ☐ 3 tablespoons citrus champagne vinegar divided
- ☐ 4 tortillas light (such as Flatout Original)

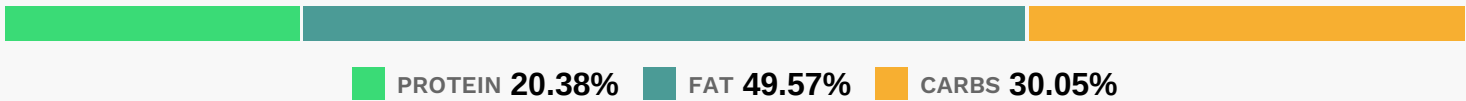
## Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine mayonnaise, 2 tablespoons vinegar, 2 teaspoons black pepper, 1/8 teaspoon salt, and lemon juice in a small bowl, stirring well.
- ☐ Combine 1 tablespoon vinegar, cabbage, and pickle juice in a medium bowl; toss.
- ☐ Sprinkle chicken with 1/2 teaspoon black pepper and 1/8 teaspoon salt.
- ☐ Place chicken on a grill rack coated with cooking spray, and grill for 6 minutes on each side or until done. Cool; shred chicken.
- ☐ Combine chicken and mayonnaise mixture in a medium bowl; toss to coat.
- ☐ Place one flatbread on each of 4 plates; divide chicken mixture evenly among flatbreads. Top each serving with about 1/4 cup cabbage mixture and 1 pickle; roll up.
- ☐ Cut each wrap in half diagonally.

## Nutrition Facts



## Properties

Glycemic Index:50.19, Glycemic Load:9.26, Inflammation Score:-3, Nutrition Score:16.449130599913%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

0.05mg

Nutrients (% of daily need)

Calories: 498.42kcal (24.92%), Fat: 27.17g (41.8%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 32.66g (11.87%), Sugar: 4.14g (4.6%), Cholesterol: 66.19mg (22.06%), Sodium: 868.45mg (37.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.26%), Vitamin K: 61.21µg (58.29%), Vitamin B3: 10.12mg (50.58%), Selenium: 33.77µg (48.25%), Vitamin B6: 0.69mg (34.41%), Phosphorus: 220.26mg (22.03%), Manganese: 0.36mg (17.79%), Fiber: 4.4g (17.58%), Calcium: 154.39mg (15.44%), Vitamin B5: 1.45mg (14.5%), Iron: 2.57mg (14.3%), Vitamin B1: 0.2mg (13.09%), Potassium: 401.6mg (11.47%), Folate: 40.54µg (10.13%), Vitamin C: 7.97mg (9.66%), Vitamin B2: 0.16mg (9.4%), Magnesium: 33.91mg (8.48%), Vitamin E: 1.18mg (7.84%), Zinc: 0.81mg (5.37%), Copper: 0.08mg (4.03%), Vitamin B12: 0.2µg (3.39%), Vitamin A: 68.03IU (1.36%)