



Grilled Chicken & Zucchini Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnish: cheddar cheese shredded
- ☐ 8 10-inch whole-grain flour tortillas
- ☐ 8 leaves lettuce
- ☐ 8 servings olive oil
- ☐ 0.5 cup ranch salad dressing divided
- ☐ 8 servings salt and pepper to taste
- ☐ 4 chicken breasts boneless skinless
- ☐ 4 to 6 zucchini sliced lengthwise into 1/ slices

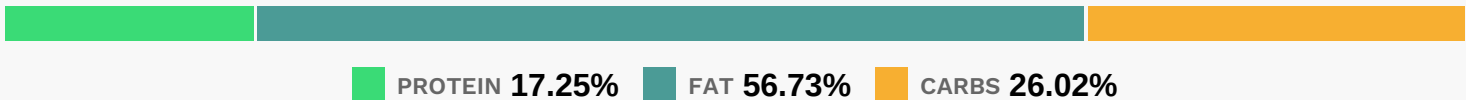
Equipment

☐ grill

Directions

- ☐ Brush chicken and zucchini with olive oil; sprinkle with salt and pepper. Grill chicken over medium-high heat for 5 minutes.
- ☐ Turn chicken over; add zucchini to grill. Grill 5 minutes longer, or until chicken juices run clear and zucchini is tender.
- ☐ Slice chicken into strips; set aside. For each wrap, spread one tablespoon salad dressing on a tortilla.
- ☐ Top with a lettuce leaf, 1/2 cup chicken and 3 to 4 slices of zucchini.
- ☐ Sprinkle with cheese; roll up.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:11.48, Inflammation Score:-7, Nutrition Score:23.17652188695%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 607.05kcal (30.35%), Fat: 38.26g (58.86%), Saturated Fat: 11.18g (69.9%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 35.96g (13.08%), Sugar: 6.01g (6.67%), Cholesterol: 70.06mg (23.35%), Sodium: 1114.8mg (48.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Selenium: 42.91µg (61.3%), Vitamin B3: 9.46mg (47.31%), Phosphorus: 466.99mg (46.7%), Vitamin K: 40.54µg (38.61%), Calcium: 338.7mg (33.87%), Vitamin B6: 0.65mg (32.64%), Vitamin B1: 0.45mg (29.77%), Vitamin B2: 0.49mg (29.02%), Manganese: 0.55mg (27.38%), Folate: 100.8µg (25.2%), Vitamin C: 18.44mg (22.36%), Vitamin E: 2.81mg (18.76%), Iron: 3.32mg (18.44%), Potassium: 596.49mg (17.04%), Zinc: 2.15mg (14.34%), Magnesium: 57.15mg (14.29%), Fiber: 3.53g (14.1%), Vitamin B5: 1.37mg (13.71%), Vitamin A: 559.41IU (11.19%), Copper: 0.15mg (7.74%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.25µg (1.68%)