



WHATSheATE



Guacamole Chicken Wraps



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe peeled
- ☐ 4 8-inch flour tortillas whole-wheat ()
- ☐ 4 leaf lettuce leaves green
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups chicken breast shredded boneless skinless cooked

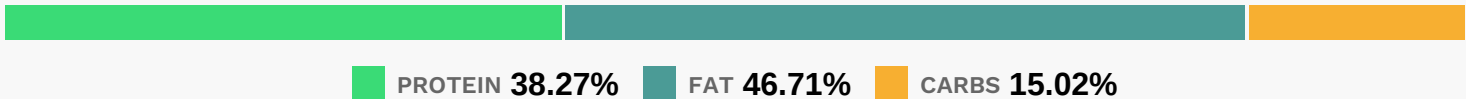
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ aluminum foil

Directions

- ☐ Place first 3 ingredients in a medium bowl; mash with a fork until smooth. Stir in tomato.
- ☐ Place 1 lettuce leaf on each tortilla; spread about 1/4 cup avocado mixture on each leaf. Top each serving with 1/2 cup chicken.
- ☐ Roll up. Wrap in foil or parchment paper; chill.
- ☐ for your toddler: Wrap it tightly so it will be easier for a toddler to eat. Refrigerate it until serving time, or pack it in an insulated bag.
- ☐ Serve it with natural applesauce and milk.
- ☐ Rotisserie Chicken Rotisserie chicken is great to keep on hand for a quick meal. When buying rotisserie chicken at the grocery store, pick it up at the end of your shopping trip so it stays hot until you get it home.
- ☐ Serve or refrigerate it within two hours or sooner in hot weather. It'll keep in the refrigerator for three to four days.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:13.024782533231%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 176.65kcal (8.83%), Fat: 9.42g (14.49%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.25g (1.39%), Cholesterol: 48mg (16%), Sodium: 237.79mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.73%), Vitamin B3: 8.94mg (44.68%), Vitamin B6: 0.72mg (36.12%), Selenium: 24.83µg (35.48%), Phosphorus: 195.64mg (19.56%), Vitamin B5: 1.81mg (18.1%), Potassium: 605.68mg (17.31%), Fiber: 3.87g (15.49%), Vitamin C: 12.32mg (14.93%), Vitamin K: 14.36µg (13.68%), Folate: 49.71µg (12.43%), Magnesium: 39.43mg (9.86%), Vitamin E: 1.37mg (9.12%), Vitamin B2: 0.15mg (8.8%), Vitamin A: 420.1IU (8.4%), Manganese: 0.16mg (8.06%), Copper: 0.14mg (6.99%), Vitamin B1: 0.1mg (6.68%), Zinc: 0.84mg (5.61%), Iron: 0.69mg (3.81%), Vitamin B12: 0.15µg (2.5%), Calcium: 14.58mg (1.46%)