



## Kickin' Chipotle Chicken Wrap

 Popular

READY IN



5 min.

SERVINGS



1

CALORIES



247 kcal

SIDE DISH

### Ingredients

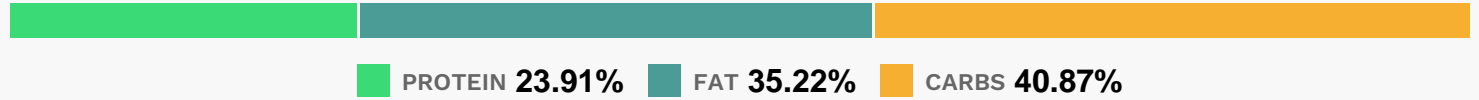
- 1 Tbsp chipotle aioli kraft
- 0.3 cup celery thin
- 5 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 romaine leaves
- 1 milk pepperjack singles 2% kraft
- 18-inch tortillas whole wheat ()

### Equipment

## Directions

- Spread tortilla with aioli.
- Top with remaining ingredients; roll up.

## Nutrition Facts



## Properties

Glycemic Index:70, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:8.8465217390786%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 247.47kcal (12.37%), Fat: 9.45g (14.55%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 21.38g (7.77%), Sugar: 2.85g (3.17%), Cholesterol: 35.39mg (11.8%), Sodium: 1024.77mg (44.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin A: 1897.35IU (37.95%), Vitamin B3: 5.61mg (28.07%), Phosphorus: 168.23mg (16.82%), Vitamin B6: 0.31mg (15.51%), Fiber: 3.31g (13.23%), Selenium: 8.18µg (11.69%), Calcium: 97.68mg (9.77%), Potassium: 329.71mg (9.42%), Iron: 1.46mg (8.11%), Vitamin K: 7.4µg (7.05%), Vitamin B5: 0.65mg (6.51%), Vitamin C: 5.1mg (6.19%), Folate: 22.41µg (5.6%), Manganese: 0.11mg (5.56%), Magnesium: 21.62mg (5.4%), Vitamin B2: 0.08mg (4.85%), Vitamin B1: 0.06mg (3.91%), Zinc: 0.39mg (2.61%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.09µg (1.49%), Copper: 0.02mg (1.04%)