



Kung Pao Chicken Wrap

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots shredded
- 2 oz oscar mayer carving board rotisserie seasoned chicken breast
- 4 slices cucumber thin
- 1 Tbsp cilantro leaves fresh
- 1 Tbsp mayo & spicy mayonnaise hot kraft flavored
- 1 big mild cheddar cheese cut in half kraft
- 2 tsp planters cocktail peanuts chopped
- 2 Tbsp dole pineapple tidbits canned drained
- 18-inch tortillas whole wheat ()

Equipment

Directions

Spread tortilla with mayonnaise; top with remaining ingredients.

Fold in opposite sides of tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:1.7508695869018%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 36.87kcal (1.84%), Fat: 1.98g (3.05%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.8g (0.89%), Cholesterol: 4.31mg (1.44%), Sodium: 43.4mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin A: 544.39IU (10.89%), Vitamin B3: 0.79mg (3.95%), Vitamin K: 3.03µg (2.89%), Selenium: 1.96µg (2.81%), Vitamin B6: 0.05mg (2.71%), Fiber: 0.51g (2.04%), Phosphorus: 18.41mg (1.84%), Manganese: 0.03mg (1.69%), Potassium: 46.59mg (1.33%), Vitamin B5: 0.12mg (1.17%), Magnesium: 4.54mg (1.14%), Calcium: 11.2mg (1.12%), Vitamin B1: 0.02mg (1.1%), Iron: 0.18mg (1.02%)