



## Lemon Roasted Chicken Salad Wrap

READY IN



140 min.

SERVINGS



4

CALORIES



1500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pint broccoli sprouts
- 6 ounce water chestnuts drained chopped canned
- 2 rib celery diced
- 6 pound fryer chicken whole
- 2 tablespoons dijon mustard
- 0.3 cup cranberries dried chopped
- 2 tablespoons tarragon fresh chopped
- 5 sprigs thyme leaves fresh
- 5 cloves garlic smashed

- 0.8 cup percent greek yogurt
- 1 optional: lemon cut in quarters
- 2 lemon zest juiced
- 0.3 cup mayo
- 4 servings olive oil for drizzling
- 1 small onion red minced
- 2 roma tomatoes sliced
- 4 servings salt and freshly cracked pepper black
- 0.5 cup walnuts toasted chopped
- 4 12-inch tortillas whole wheat

## Equipment

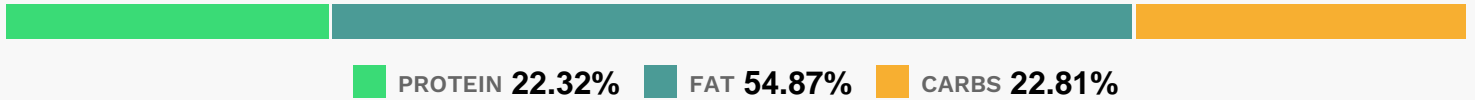
- bowl
- baking sheet
- oven
- wire rack
- roasting pan

## Directions

- Watch how to make this recipe.
- For the chicken: Preheat the oven to 400 degrees F and adjust a rack to the middle position.
- Place the chicken on a baking sheet lined with a wire rack, or in a roasting pan with a rack, and drizzle the chicken with olive oil. Generously sprinkle the chicken with salt and pepper. Pack the cavity with the garlic, thyme and lemons.
- Place the chicken breast-side down on the rack.
- Roast the chicken for the first hour at 400 degrees F, and then turn up the heat to 450 degrees F and roast until the breast temperature registers 160 degrees F and the skin is a golden brown, for the last 30 to 45 minutes. Then set the chicken aside to rest and cool.
- When easy to handle, remove the legs, wings and any dark meat, reserving to eat for your next meal or to snack on immediately.

- Remove the skin from the breast meat. Using your hands, shred the breast meat and place in a bowl. Season the chicken with salt and pepper.
- Mix together the yogurt, mayo, mustard, walnuts, cranberries, celery, onions, lemon zest and juice, tarragon and water chestnuts and adjust the seasoning if necessary. Fold in the shredded chicken.
- Layer the whole wheat wraps with some broccoli sprouts and tomato slices and then top with the chicken salad. Wrap and enjoy!

## Nutrition Facts



### Properties

Glycemic Index:92.38, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:46.223478275797%

### Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

### Nutrients (% of daily need)

Calories: 1500.45kcal (75.02%), Fat: 92.59g (142.44%), Saturated Fat: 21.34g (133.37%), Carbohydrates: 86.58g (28.86%), Net Carbohydrates: 70.94g (25.8%), Sugar: 17.05g (18.95%), Cholesterol: 252.69mg (84.23%), Sodium: 1336.22mg (58.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.75g (169.5%), Vitamin B3: 23.96mg (119.82%), Vitamin B6: 1.62mg (81.03%), Selenium: 56.51µg (80.73%), Phosphorus: 727.13mg (72.71%), Vitamin K: 76.21µg (72.58%), Manganese: 1.35mg (67.54%), Fiber: 15.64g (62.55%), Vitamin C: 45.41mg (55.04%), Iron: 9.84mg (54.67%), Vitamin B2: 0.77mg (45.44%), Zinc: 6.67mg (44.48%), Vitamin B5: 4.15mg (41.53%), Calcium: 414.11mg (41.41%), Magnesium: 155.85mg (38.96%), Copper: 0.74mg (37.23%), Potassium: 1209.59mg (34.56%), Vitamin E: 4.33mg (28.85%), Vitamin B1: 0.42mg (28.1%), Folate: 107.87µg (26.97%), Vitamin A: 1134.62IU (22.69%), Vitamin B12: 1.29µg (21.53%), Vitamin D: 0.68µg (4.54%)