



Mexican Chicken Wrap

READY IN



15 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups cheddar cheese grated
- ☐ 4 10-inch flour tortilla ()
- ☐ 1.5 teaspoons hot sauce
- ☐ 2 cups lettuce finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup salsa
- ☐ 4 servings salt
- ☐ 4 chicken thighs boneless skinless trimmed cut into 1/2-inch pieces (1 lb.)
- ☐ 1 cup tomatoes chopped

☐ 1 tablespoon vegetable oil

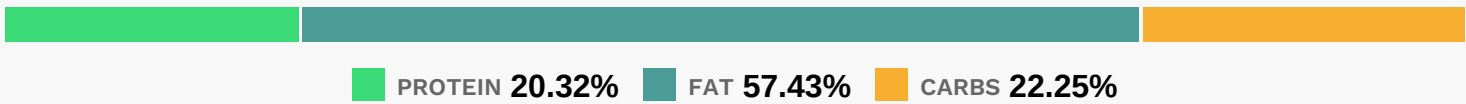
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a bowl, stir together salsa and mayonnaise. Cover and refrigerate dip.
- ☐ Preheat oven to 350F. Arrange tortillas on 2 baking sheets; sprinkle evenly with cheese.
- ☐ Bake for 5 minutes, until cheese has melted.
- ☐ Meanwhile, warm oil in a large skillet over medium-high heat.
- ☐ Add chicken, hot sauce and salt and cook, stirring, until just cooked through, 4 minutes.
- ☐ Place tortillas on a counter. Top with lettuce, chicken and tomatoes.
- ☐ Roll up, cut in half and serve with dip.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:11.84, Inflammation Score:-8, Nutrition Score:28.260000389555%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 748.85kcal (37.44%), Fat: 47.61g (73.25%), Saturated Fat: 14.26g (89.14%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 37.28g (13.56%), Sugar: 6.45g (7.16%), Cholesterol: 156.78mg (52.26%), Sodium:

1598.61mg (69.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.82%), Selenium: 52.93µg (75.61%), Vitamin K: 74.82µg (71.25%), Phosphorus: 565.81mg (56.58%), Vitamin B3: 10.24mg (51.2%), Calcium: 405.01mg (40.5%), Vitamin B2: 0.6mg (35.4%), Vitamin B6: 0.71mg (35.27%), Vitamin B1: 0.51mg (34.24%), Manganese: 0.51mg (25.67%), Zinc: 3.73mg (24.87%), Folate: 97.7µg (24.42%), Vitamin A: 1150.18IU (23%), Iron: 4.03mg (22.37%), Vitamin B12: 1.16µg (19.27%), Potassium: 665.97mg (19.03%), Vitamin B5: 1.84mg (18.41%), Vitamin E: 2.54mg (16.97%), Fiber: 4.21g (16.84%), Magnesium: 65.85mg (16.46%), Copper: 0.22mg (10.85%), Vitamin C: 8.16mg (9.89%), Vitamin D: 0.28µg (1.88%)