



## Mexican Chicken Wraps

READY IN



18 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup coarsely avocado mashed
- 0.3 teaspoon chili powder
- 2 cups chicken breast shredded cooked
- 4 6-inch flour tortillas fat-free 96% low-fat () (such as Mission Heart Healthy)
- 0.5 cup cilantro leaves fresh
- 12 grape tomatoes halved
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 0.5 cup very thinly onion vertically sliced

- 0.5 cup bell pepper red very thinly sliced
- 0.5 cup salsa
- 1 ounce preshredded mexican blend cheese reduced-fat
- 0.3 cup cup heavy whipping cream fat-free sour

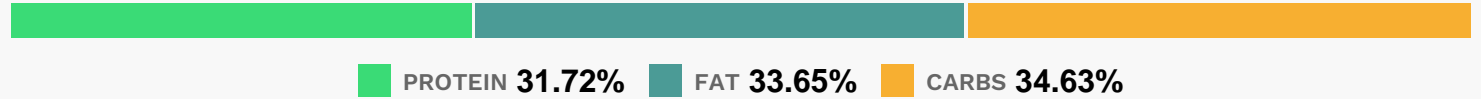
## Equipment

- bowl

## Directions

- Combine first 5 ingredients in a small bowl.
- Spread avocado mixture evenly over each tortilla. Spoon chicken and next 5 ingredients evenly down center of each tortilla.
- Roll up, and cut in half diagonally. Secure with wooden picks, if necessary.
- Serve immediately with salsa, or chill.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:17.791304473644%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

## Nutrients (% of daily need)

Calories: 298.38kcal (14.92%), Fat: 11.19g (17.22%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 21.98g (7.99%), Sugar: 5.64g (6.27%), Cholesterol: 60.53mg (20.18%), Sodium: 558.01mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.49%), Vitamin C: 35.85mg (43.45%), Vitamin B3: 8mg (39.99%), Selenium: 26.25µg (37.5%), Vitamin A: 1470.18IU (29.4%), Phosphorus: 283.17mg (28.32%), Vitamin B6: 0.53mg (26.39%), Vitamin B1: 0.26mg (17.53%), Vitamin B2: 0.29mg (17.33%), Vitamin K: 17.71µg (16.87%), Folate: 67.31µg (16.83%), Manganese: 0.34mg (16.82%), Potassium: 575.69mg (16.45%), Fiber: 3.94g (15.77%), Iron: 2.59mg (14.37%), Calcium: 141.92mg (14.19%), Zinc: 1.84mg (12.3%), Vitamin B5: 1.13mg (11.33%), Magnesium: 44.32mg (11.08%), Vitamin E: 1.36mg (9.04%), Copper: 0.17mg (8.45%), Vitamin B12: 0.33µg (5.55%)