



## Mexican Chicken Wraps

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 1 tsp chili powder
- 0.3 cup knudsen cream sour
- 1.5 cups coleslaw blend (cabbage slaw mix)
- 0.5 cup grape tomatoes quartered
- 1 Tbsp juice of lime
- 0.3 cup classic ranch dressing kraft
- 0.5 cup taco bell® & chunky mild salsa thick
- 1 lb chicken breasts boneless skinless chopped

4 10-inch tortillas whole wheat ()

## Equipment

grill

## Directions

Heat grill to medium heat.

Combine first 7 ingredients.

Spoon chicken mixture down centers of tortillas. Fold in both sides of each tortilla, then roll up burrito style.

Grill, seam sides down, 8 to 9 min. or until golden brown on both sides, turning occasionally.

Serve topped with salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:3.63, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.7291304158128%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 67.25kcal (3.36%), Fat: 2.95g (4.53%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.94g (1.04%), Cholesterol: 13.21mg (4.4%), Sodium: 137.19mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin B3: 1.66mg (8.32%), Selenium: 5.58µg (7.97%), Vitamin B6: 0.13mg (6.6%), Vitamin K: 5.92µg (5.64%), Phosphorus: 48.79mg (4.88%), Calcium: 36.39mg (3.64%), Fiber: 0.85g (3.4%), Vitamin B5: 0.27mg (2.65%), Vitamin C: 2.05mg (2.49%), Potassium: 86.42mg (2.47%), Vitamin A: 107.96IU (2.16%), Iron: 0.35mg (1.93%), Vitamin B2: 0.03mg (1.92%), Magnesium: 6.25mg (1.56%), Vitamin E: 0.2mg (1.34%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.06%)