



HEALTH SCORE

57%

Middle Eastern Chicken Salad Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

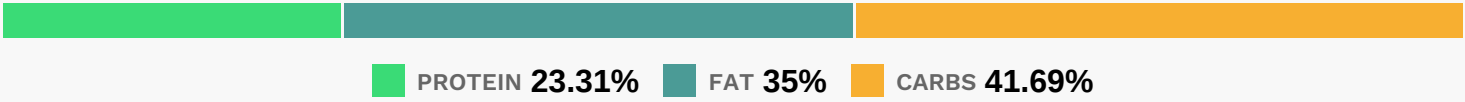
- ☐ 0.3 cup caesar dressing light (such as Ken's)
- ☐ 1.5 cups chicken breast cooked chopped
- ☐ 0.5 cup water with roasted garlic
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 6 cups romaine lettuce chopped
- ☐ 4 10-inch flatbread wraps whole wheat () (such as Toufayan)

Equipment

Directions

- ☐ Combine first 4 ingredients.
- ☐ Spread 2 tablespoons hummus over each wrap; top each wrap with about 2 cups lettuce mixture; roll up.
- ☐ Cut each wrap in half crosswise.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:12.51, Inflammation Score:-10, Nutrition Score:27.374347684176%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 420.9kcal (21.04%), Fat: 16.31g (25.09%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 39.12g (14.23%), Sugar: 4.02g (4.47%), Cholesterol: 50.35mg (16.78%), Sodium: 979.87mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.87%), Vitamin A: 6249.1IU (124.98%), Vitamin K: 93.17µg (88.73%), Vitamin B3: 10.73mg (53.67%), Selenium: 33.08µg (47.26%), Folate: 167.38µg (41.85%), Manganese: 0.78mg (39.09%), Vitamin B6: 0.65mg (32.7%), Vitamin B1: 0.48mg (31.96%), Phosphorus: 317.35mg (31.74%), Iron: 4.36mg (24.21%), Vitamin C: 16.31mg (19.76%), Vitamin B2: 0.33mg (19.41%), Fiber: 4.57g (18.28%), Calcium: 178.34mg (17.83%), Potassium: 494.01mg (14.11%), Magnesium: 46.96mg (11.74%), Copper: 0.21mg (10.37%), Zinc: 1.3mg (8.69%), Vitamin B5: 0.84mg (8.42%), Vitamin E: 0.94mg (6.29%), Vitamin B12: 0.18µg (3.05%)