



MIRACLE WHIP Mango-Chicken Salad Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

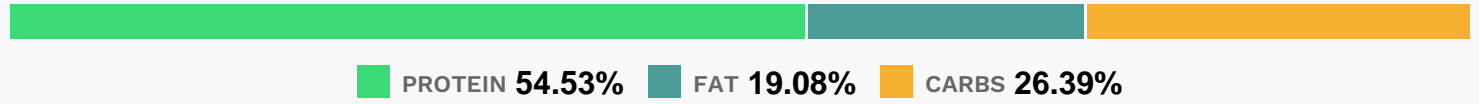
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 tsp curry powder
- 1 Tbsp green onions sliced
- 0.5 cup mangos fresh chopped
- 0.3 cup miracle whip dressing
- 0.3 cup pasilla peppers red chopped
- 2 8-inch spinach-flavored tortillas ()

Equipment

Directions

- Mix dressing and curry powder until blended.
- Add all remaining ingredients except tortillas; mix lightly.
- Spoon down centers of tortillas, roll up.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:3.14, Inflammation Score:-7, Nutrition Score:13.828695652278%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 201.47kcal (10.07%), Fat: 4.22g (6.49%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 11.27g (4.1%), Sugar: 9.82g (10.91%), Cholesterol: 75.16mg (25.05%), Sodium: 322.16mg (14.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.28%), Vitamin B3: 12.14mg (60.72%), Vitamin C: 39.45mg (47.82%), Selenium: 23.8µg (34%), Vitamin B6: 0.62mg (30.91%), Vitamin A: 1103.13IU (22.06%), Phosphorus: 208.1mg (20.81%), Potassium: 354.08mg (10.12%), Vitamin B5: 0.96mg (9.63%), Vitamin K: 9.36µg (8.91%), Magnesium: 32.26mg (8.06%), Folate: 32.01µg (8%), Vitamin B2: 0.13mg (7.74%), Fiber: 1.86g (7.44%), Iron: 1.24mg (6.88%), Vitamin E: 0.97mg (6.44%), Zinc: 0.96mg (6.37%), Vitamin B1: 0.08mg (5.56%), Vitamin B12: 0.29µg (4.82%), Copper: 0.1mg (4.76%), Manganese: 0.08mg (3.84%), Calcium: 26.01mg (2.6%)