



## Online Round 2 - Grilled Chicken and Apple Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 apples peeled chopped
- 2 servings reserved chicken tenders from grilled lemon herb chicken
- 2 flour tortillas
- 1 tablespoon parsley leaves fresh chopped
- 2 servings kosher salt and pepper black freshly ground
- 2 tablespoons mayonnaise low-fat
- 2 servings reserved onion from mahi mahi red with vegetables steamed

- 2 servings reserved zucchini and squash from mahi mahi with vegetables steamed
- 2 teaspoons spicy brown mustard

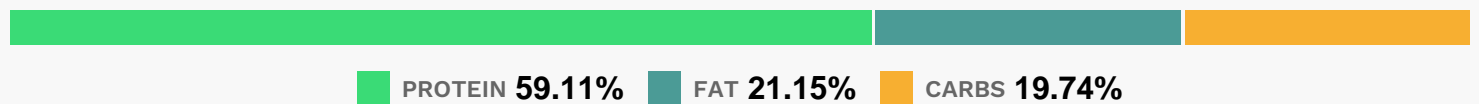
## Equipment

- bowl
- whisk

## Directions

- Chop the reserved chicken and vegetables and mix them all together along with the apple. In a small bowl, whisk together the mayonnaise, mustard, parsley, and salt and pepper, to taste. Toss with the chopped chicken mixture. Divide the mixture among the tortillas, wrap up, and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:81, Glycemic Load:8.05, Inflammation Score:-8, Nutrition Score:33.104347861331%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 607.41kcal (30.37%), Fat: 13.86g (21.33%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 25.59g (9.3%), Sugar: 11.16g (12.4%), Cholesterol: 314.19mg (104.73%), Sodium: 756.58mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.19g (174.38%), Selenium: 153.77µg (219.67%), Vitamin B3: 28.9mg (144.52%), Vitamin B6: 1.77mg (88.47%), Phosphorus: 730.03mg (73%), Potassium: 1768.17mg

(50.52%), Vitamin K: 44.72µg (42.59%), Vitamin B12: 2.29µg (38.11%), Vitamin B5: 3.51mg (35.13%), Iron: 6.3mg (35.01%), Magnesium: 134.85mg (33.71%), Vitamin B2: 0.48mg (28.04%), Zinc: 3.12mg (20.77%), Vitamin B1: 0.3mg (19.96%), Vitamin A: 878.37IU (17.57%), Fiber: 3.54g (14.16%), Manganese: 0.28mg (14.16%), Folate: 56.15µg (14.04%), Copper: 0.25mg (12.71%), Calcium: 117.65mg (11.77%), Vitamin C: 6.87mg (8.32%), Vitamin E: 0.5mg (3.36%)