



Pesto-Chicken Club Wrap

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



647 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

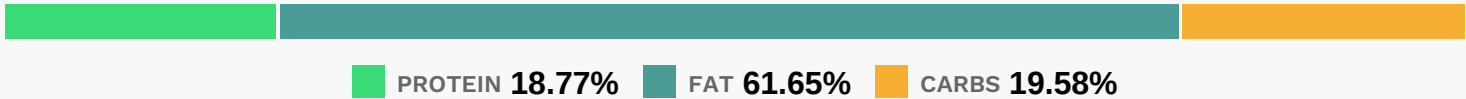
- ☐ 12 slices oscar mayer bacon fully cooked
- ☐ 3 cups chicken breasts shredded cooked
- ☐ 6 8-inch flour tortillas
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 lettuce leaves
- ☐ 10 ounce philadelphia creamy pesto cooking creme
- ☐ 2 plum tomatoes cut into 6 slices

Equipment

Directions

- ☐ Combine chicken, cooking creme and lemon juice.
- ☐ Spoon down centers of tortillas.
- ☐ Top with remaining ingredients; roll up.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:8.17, Inflammation Score:-9, Nutrition Score:18.42652178329%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 647.16kcal (32.36%), Fat: 43.71g (67.24%), Saturated Fat: 11.64g (72.73%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 28.2g (10.25%), Sugar: 4.25g (4.72%), Cholesterol: 85.32mg (28.44%), Sodium: 1168.7mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.88%), Vitamin A: 2946.79IU (58.94%), Selenium: 37.58µg (53.69%), Vitamin B3: 9.76mg (48.81%), Phosphorus: 314.94mg (31.49%), Vitamin B1: 0.45mg (30.24%), Vitamin B6: 0.48mg (23.79%), Iron: 3.43mg (19.04%), Vitamin B2: 0.31mg (18.27%), Manganese: 0.36mg (18.23%), Calcium: 171.99mg (17.2%), Folate: 64.16µg (16.04%), Zinc: 1.94mg (12.92%), Fiber: 3.04g (12.15%), Potassium: 409.29mg (11.69%), Vitamin B5: 1.03mg (10.3%), Vitamin C: 8.12mg (9.84%), Magnesium: 36.74mg (9.19%), Vitamin B12: 0.42µg (7.05%), Copper: 0.12mg (6.2%), Vitamin K: 5.3µg (5.05%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.18µg (1.17%)