



Salsa Chicken Wrap with Pineapple Pico de Gallo

READY IN



20 min.

SERVINGS



20

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 4 10-inch flour tortillas ()
- 2 Tbsp cilantro leaves fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 4 leaf lettuce leaves
- 1 Tbsp juice of lime
- 1 Tbsp jalapeño peppers finely chopped
- 2 cups pineapple fresh finely chopped

- 0.3 cup onions red finely chopped
- 2 Tbsp taco bellâ® & chunky salsa thick
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 large tomatoes halved cut into 8 thin slices,

Equipment

- toothpicks

Directions

- Combine first 5 ingredients.
- Toss chicken with dressing.
- Mix cream cheese spread and salsa until blended; spread onto tortillas. Top with lettuce, tomatoes, chicken mixture and half the pineapple mixture; roll up, tucking in both sides of each tortilla as it is rolled. Secure with toothpicks; cut in half.
- Serve with remaining pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:9.98, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:4.4221739198851%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 98.87kcal (4.94%), Fat: 3.94g (6.06%), Saturated Fat: 1.54g (9.66%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.63g (3.5%), Sugar: 3.06g (3.4%), Cholesterol: 14.02mg (4.67%), Sodium: 181.65mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 0.24mg (12.09%), Vitamin C: 9.97mg

(12.09%), Selenium: 6.67µg (9.53%), Vitamin B3: 1.89mg (9.45%), Vitamin B1: 0.1mg (6.55%), Phosphorus: 61.1mg (6.11%), Vitamin B6: 0.1mg (5.02%), Folate: 18.87µg (4.72%), Iron: 0.77mg (4.3%), Vitamin B2: 0.07mg (4.04%), Fiber: 0.91g (3.64%), Vitamin K: 3.73µg (3.56%), Vitamin A: 174.37IU (3.49%), Calcium: 33.58mg (3.36%), Potassium: 101.43mg (2.9%), Copper: 0.05mg (2.46%), Magnesium: 9.76mg (2.44%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.21mg (2.1%)