



Santa Fe Chicken Salad Wrap

READY IN



15 min.

SERVINGS



15

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz regular corn drained canned
- 0.5 cup four cheese shredded mexican style kraft finely
- 6 oz grilled chicken breast fresh
- 8 6-inch flour tortillas ()
- 0.3 cup classic ranch dressing kraft
- 4 cups torn romaine lettuce
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 large tomatoes chopped

Equipment

bowl

Directions

- Combine first 4 ingredients in large bowl; sprinkle with cheese.
- Mix dressing and salsa.
- Add to lettuce mixture; toss to coat.
- Spoon onto tortillas; roll up.

Nutrition Facts



PROTEIN 21.68% **FAT 38.14%** **CARBS 40.18%**

Properties

Glycemic Index:6.6, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:6.5939130057459%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 121.19kcal (6.06%), Fat: 5.11g (7.86%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.07g (4.02%), Sugar: 1.43g (1.59%), Cholesterol: 14.45mg (4.82%), Sodium: 250.75mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin A: 1255.17IU (25.1%), Vitamin K: 20.62µg (19.64%), Vitamin B3: 2.59mg (12.94%), Selenium: 7.99µg (11.42%), Folate: 41.51µg (10.38%), Phosphorus: 100.09mg (10.01%), Vitamin B1: 0.11mg (7.22%), Manganese: 0.13mg (6.64%), Calcium: 59.79mg (5.98%), Vitamin B2: 0.09mg (5.49%), Vitamin B6: 0.11mg (5.39%), Iron: 0.94mg (5.19%), Potassium: 149.5mg (4.27%), Fiber: 1.05g (4.19%), Magnesium: 14.05mg (3.51%), Vitamin C: 2.6mg (3.15%), Zinc: 0.46mg (3.06%), Copper: 0.05mg (2.33%), Vitamin B5: 0.22mg (2.2%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.09µg (1.42%)