



Schoolhouse Wraps

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



104 kcal

Ingredients

- ☐ 1 stalk celery finely chopped
- ☐ 1 rotisserie chicken pieces your favorite (3 cups meat)
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 0.5 cup nonfat greek yogurt
- ☐ 0.5 cup grapes red seedless chopped
- ☐ 4 9-inch tortilla wraps whole-wheat (diameter)

Equipment

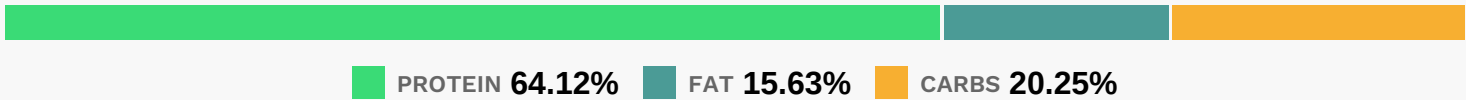
- ☐ baking paper
- ☐ mixing bowl

☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the skin from the chicken and strip the meat from the bones; coarsely chop and put into a mixing bowl.
- ☐ Add the yogurt, grapes and celery.
- ☐ Mix well, season with salt and pepper, and stir until combined.
- ☐ Lay the wraps on a work surface. Put 1/4 of the chicken salad on the bottom third of each tortilla. Fold the bottom up over the salad and fold in the sides, while rolling the tortilla up to enclose the filling.
- ☐ Wrap tightly in plastic wrap or parchment paper until ready to serve. Refrigerate if not using before 2 hours.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:6.19260861692222%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 103.68kcal (5.18%), Fat: 1.75g (2.7%), Saturated Fat: 0.5g (3.16%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.91g (4.35%), Cholesterol: 37.8mg (12.6%), Sodium: 250.35mg (10.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin B3: 6.06mg (30.3%), Selenium: 14.63µg (20.89%), Vitamin B6: 0.3mg (14.91%), Phosphorus: 140.27mg (14.03%), Vitamin B2: 0.14mg (8.29%), Potassium: 208.67mg (5.96%), Vitamin K: 5.89µg (5.61%), Vitamin B12: 0.32µg (5.35%), Vitamin B5: 0.53mg (5.33%), Magnesium: 17.87mg (4.47%), Calcium: 41.67mg (4.17%), Zinc: 0.59mg (3.96%), Vitamin B1: 0.06mg (3.72%), Iron: 0.59mg (3.28%), Copper: 0.05mg (2.7%), Folate: 8.39µg (2.1%), Manganese: 0.04mg (1.94%), Fiber: 0.36g (1.46%), Vitamin A: 67.39IU (1.35%), Vitamin E: 0.18mg (1.21%), Vitamin C: 0.91mg (1.11%)