



Sesame-Chicken Spring Roll

READY IN



5 min.

SERVINGS



5

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

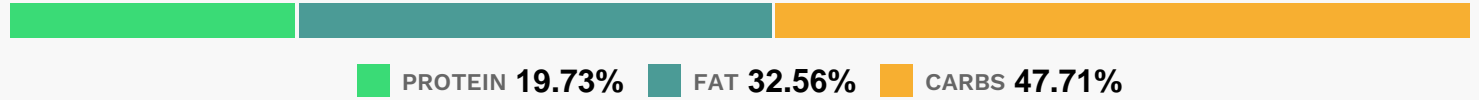
- 1 Tbsp lite asian sesame dressing toasted kraft
- 0.3 cup broccoli slaw
- 4 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 Tbsp cilantro leaves
- 1 singles cut in half kraft
- 2 pepper strips red
- 18-inch tortillas whole wheat ()

Equipment

Directions

- Combine broccoli slaw and dressing.
- Top tortilla with Singles, chicken, coleslaw, cilantro and red peppers; roll up.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:7.9617392509852%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 60.98kcal (3.05%), Fat: 2.32g (3.57%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.09g (2.22%), Sugar: 2.71g (3.01%), Cholesterol: 4.93mg (1.64%), Sodium: 186.7mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin C: 66.22mg (80.26%), Vitamin A: 1524.7IU (30.49%), Vitamin B6: 0.19mg (9.52%), Vitamin B3: 1.37mg (6.86%), Folate: 26.63µg (6.66%), Vitamin E: 0.94mg (6.3%), Fiber: 1.57g (6.27%), Potassium: 159.27mg (4.55%), Phosphorus: 43.85mg (4.38%), Vitamin K: 4.37µg (4.16%), Manganese: 0.07mg (3.44%), Vitamin B2: 0.05mg (3.22%), Iron: 0.5mg (2.8%), Vitamin B5: 0.28mg (2.75%), Magnesium: 9.64mg (2.41%), Calcium: 23.41mg (2.34%), Vitamin B1: 0.03mg (2.27%), Selenium: 1.54µg (2.19%), Zinc: 0.2mg (1.33%)