



Slow-Cooker Buffalo Chicken Wraps

 Dairy Free

READY IN



440 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken thighs boneless skinless
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sauce of the chicken from the turbo broiler (from 12-oz jar)
- ☐ 0.8 cup ranch dressing
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 3 cups lettuce shredded

Equipment

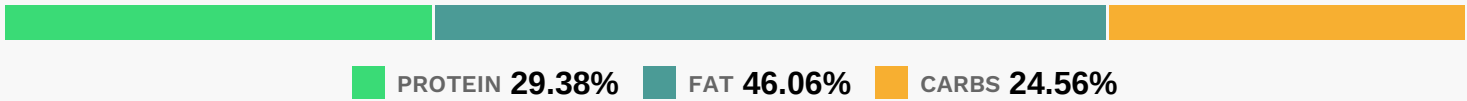
- ☐ toothpicks

- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 1 1/2-quart slow cooker, place chicken; sprinkle with salt.
- ☐ Cover; cook 6 to 7 hours (if slow cooker has heat settings, use Low).
- ☐ With slotted spoon, remove chicken from slow cooker and place on cutting board; discard liquid in slow cooker. In slow cooker, mix buffalo wing sauce and 1/4 cup of the ranch dressing. With 2 forks, shred chicken. Return chicken to slow cooker; stir gently to mix with sauce.
- ☐ To serve, spread each tortilla with 1 tablespoon remaining ranch dressing; top each with about 1/2 cup chicken mixture and about 1/3 cup lettuce.
- ☐ Roll up tortilla; secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:6.24, Inflammation Score:-4, Nutrition Score:15.867391217014%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 354.75kcal (17.74%), Fat: 17.83g (27.42%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 19.7g (7.16%), Sugar: 3.03g (3.37%), Cholesterol: 113.58mg (37.86%), Sodium: 1428.44mg (62.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Selenium: 35.14µg (50.19%), Vitamin K: 42.75µg (40.72%), Vitamin B3: 8.1mg (40.51%), Phosphorus: 339.6mg (33.96%), Vitamin B6: 0.55mg (27.29%), Vitamin B1: 0.31mg (20.84%), Vitamin B2: 0.34mg (19.82%), Vitamin B5: 1.63mg (16.29%), Iron: 2.5mg (13.9%), Zinc: 2.01mg (13.4%), Vitamin B12: 0.76µg (12.73%), Manganese: 0.25mg (12.71%), Folate: 49.91µg (12.48%), Potassium: 379.05mg (10.83%), Magnesium: 37.68mg (9.42%), Calcium: 78.37mg (7.84%), Fiber: 1.69g (6.75%), Copper: 0.12mg (5.76%), Vitamin E: 0.75mg (5.01%), Vitamin A: 171.31IU (3.43%)