



Southwestern Chicken Wraps

 Dairy Free

READY IN



390 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp heinz apple cider vinegar
- 1 Tbsp heinz balsamic vinegar
- 1 cup hickory smoke barbecue sauce kraft
- 0.5 tsp pepper black
- 2 Tbsp brown sugar
- 1 tsp onion dried minced
- 8 6-inch flour tortillas ()
- 0.3 tsp garlic powder

- 3 pasilla peppers green cut into thin strips
- 2 lb chicken thighs boneless skinless

Equipment

- slow cooker
- cutting board

Directions

- Place chicken in slow cooker sprayed with cooking spray; top with green peppers.
- Mix all remaining ingredients except barbecue sauce and tortillas until blended; pour over ingredients in slow cooker. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Remove chicken from slow cooker; place on cutting board. Cool 10 min.; pull into shreds with 2 forks. Return to slow cooker. Stir in barbecue sauce; cook, covered, on HIGH 15 min. Meanwhile, warm tortillas as directed on package.
- Spoon chicken mixture onto tortillas; roll up.

Nutrition Facts



PROTEIN 32.52% FAT 21.5% CARBS 45.98%

Properties

Glycemic Index:21.38, Glycemic Load:5.02, Inflammation Score:-5, Nutrition Score:16.52956533432%

Flavonoids

Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 313.89kcal (15.69%), Fat: 7.37g (11.33%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 33.23g (12.08%), Sugar: 17.51g (19.46%), Cholesterol: 107.73mg (35.91%), Sodium: 692.99mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.15%), Selenium: 32.88µg (46.98%), Vitamin C: 36.56mg (44.31%), Vitamin B3: 8.1mg (40.49%), Vitamin B6: 0.66mg (33.11%), Phosphorus: 293.19mg (29.32%), Vitamin B1: 0.29mg (19.35%), Vitamin B2: 0.32mg (18.75%), Vitamin B5: 1.53mg (15.28%), Manganese: 0.31mg

(15.25%), Potassium: 498.12mg (14.23%), Iron: 2.45mg (13.59%), Zinc: 2.02mg (13.48%), Vitamin B12: 0.73µg (12.1%), Magnesium: 43.34mg (10.84%), Folate: 39.03µg (9.76%), Vitamin K: 9.62µg (9.16%), Fiber: 2.23g (8.91%), Copper: 0.16mg (7.84%), Calcium: 75.77mg (7.58%), Vitamin A: 273.2IU (5.46%), Vitamin E: 0.66mg (4.39%)