



Spicy Chipotle Wrap

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



323 kcal

SIDE DISH

Ingredients

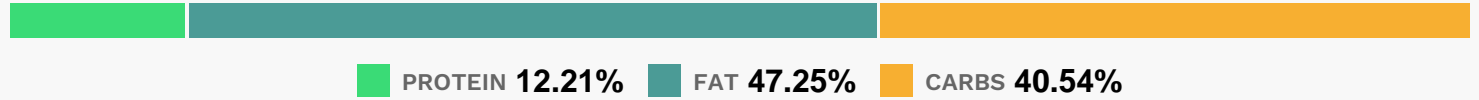
- 1 Tbsp chipotle aioli kraft
- 1 8-inch flour tortilla ()
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 0.3 cup pepper strips red
- 1 deli deluxe process american cheese kraft
- 4 slices oscar mayer deli slow roasted roast beef fresh

Equipment

Directions

- Toss coleslaw blend with aioli until evenly coated.
- Top tortilla with meat, cheese, coleslaw and peppers; roll up.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:9.15, Inflammation Score:-8, Nutrition Score:16.645217431628%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 16.64g (25.6%), Saturated Fat: 6.3g (39.36%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 28.68g (10.43%), Sugar: 5.05g (5.61%), Cholesterol: 27.95mg (9.32%), Sodium: 924.93mg (40.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.35%), Vitamin C: 62.29mg (75.5%), Calcium: 321.72mg (32.17%), Vitamin K: 32.64µg (31.09%), Vitamin A: 1399.05IU (27.98%), Phosphorus: 266.17mg (26.62%), Selenium: 16.03µg (22.89%), Folate: 82.17µg (20.54%), Vitamin B1: 0.3mg (20.2%), Manganese: 0.36mg (17.95%), Vitamin B3: 3.01mg (15.07%), Vitamin B2: 0.24mg (14.33%), Fiber: 3.44g (13.77%), Iron: 2.39mg (13.29%), Vitamin B6: 0.21mg (10.46%), Zinc: 1.09mg (7.29%), Potassium: 240.77mg (6.88%), Magnesium: 26.19mg (6.55%), Vitamin B12: 0.38µg (6.38%), Vitamin E: 0.81mg (5.39%), Copper: 0.08mg (3.92%), Vitamin B5: 0.37mg (3.73%)