



## Taco Chicken Tortilla Wraps

READY IN



15 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound chicken breast tenders
- 4 8-inch flour tortillas fat-free ()
- 2 cups iceberg lettuce shredded
- 1 cup onion wedges thin
- 0.5 cup cup heavy whipping cream fat-free sour
- 1.3 ounce 0%-less-sodium taco seasoning mix
- 1 medium size tomatoes chopped

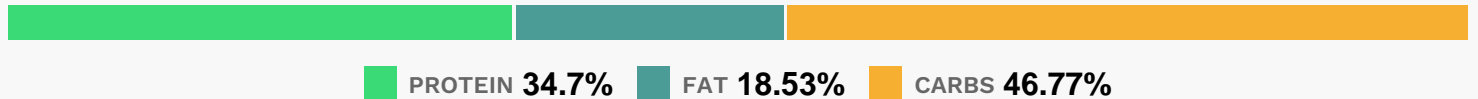
### Equipment

- frying pan
- baking paper
- oven
- aluminum foil
- ziploc bags

## Directions

- Wrap tortillas in aluminum foil; bake at 375 for 10 minutes or until thoroughly heated.
- While tortillas bake, combine chicken and taco seasoning in a heavy-duty, zip-top plastic bag. Seal bag; shake well.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chicken and onion; saute 6 minutes or until chicken is done.
- Spoon chicken mixture evenly onto tortillas; top evenly with lettuce, tomato, and sour cream.
- Roll up tortillas, and wrap in unbleached parchment paper, if desired.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:9.3, Inflammation Score:-8, Nutrition Score:21.735651990642%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

## Nutrients (% of daily need)

Calories: 349.84kcal (17.49%), Fat: 7.16g (11.02%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 35.74g (12.99%), Sugar: 6.88g (7.64%), Cholesterol: 75.16mg (25.05%), Sodium: 1268.94mg (55.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Vitamin B3: 14.38mg (71.88%),

Selenium: 49.42µg (70.6%), Vitamin B6: 0.97mg (48.65%), Phosphorus: 396.69mg (39.67%), Vitamin A: 1376.08IU (27.52%), Vitamin B1: 0.39mg (25.68%), Potassium: 702.45mg (20.07%), Manganese: 0.4mg (20.03%), Fiber: 4.93g (19.73%), Folate: 78.29µg (19.57%), Vitamin B2: 0.33mg (19.18%), Vitamin B5: 1.81mg (18.09%), Iron: 3.18mg (17.69%), Vitamin C: 13.53mg (16.4%), Vitamin K: 15.16µg (14.44%), Calcium: 134.82mg (13.48%), Magnesium: 53.48mg (13.37%), Zinc: 1.25mg (8.31%), Copper: 0.13mg (6.55%), Vitamin B12: 0.31µg (5.22%), Vitamin E: 0.45mg (3.03%)