



Tex-Mex Chicken Club Wraps

READY IN



32 min.

SERVINGS



8

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled thinly sliced
- ☐ 1 tablespoon chipotle chili canned seeded finely chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 16 slices bacon cooked
- ☐ 1 teaspoon pepper red crushed
- ☐ 8 10-inch flour tortillas
- ☐ 1 tablespoon garlic powder
- ☐ 3 cups green-leaf lettuce shredded
- ☐ 1 cup mayonnaise light

- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon onion powder
- ☐ 16 slices pepper jack
- ☐ 1 onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 1 tablespoon tomato paste
- ☐ 3 tomatoes thinly sliced

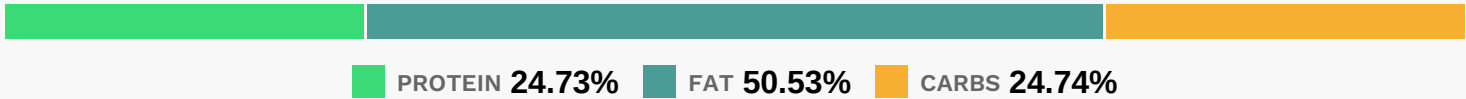
Equipment

- ☐ grill

Directions

- ☐ Mix all ingredients in a ziplock bag.
- ☐ Add chicken, seal bag, rub marinade all over and chill at least 2 hours.
- ☐ Preheat grill to mediumlow and cook chicken, 6 minutes per side, until cooked through.
- ☐ Let cool, then slice.
- ☐ Mix mayonnaise and chili.
- ☐ Spread mayonnaise mixture over tortillas. Divide all ingredients among tortillas.
- ☐ Roll up; serve.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:12.29, Inflammation Score:-9, Nutrition Score:35.610435205957%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 773.41kcal (38.67%), Fat: 43.38g (66.74%), Saturated Fat: 15.07g (94.22%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 40.39g (14.69%), Sugar: 6.51g (7.24%), Cholesterol: 130.27mg (43.42%), Sodium: 1433.11mg (62.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.55%), Selenium: 67.72µg (96.75%), Vitamin B3: 17.97mg (89.87%), Phosphorus: 690.54mg (69.05%), Vitamin B6: 1.24mg (61.98%), Vitamin K: 54.9µg (52.29%), Calcium: 449.88mg (44.99%), Vitamin B1: 0.6mg (39.99%), Vitamin A: 1981.84IU (39.64%), Vitamin B2: 0.61mg (35.82%), Folate: 135.75µg (33.94%), Potassium: 1079.99mg (30.86%), Fiber: 7.4g (29.61%), Manganese: 0.59mg (29.27%), Vitamin B5: 2.81mg (28.08%), Iron: 4.31mg (23.94%), Zinc: 3.34mg (22.28%), Magnesium: 87.98mg (21.99%), Vitamin E: 2.95mg (19.69%), Vitamin C: 15.66mg (18.98%), Copper: 0.29mg (14.66%), Vitamin B12: 0.75µg (12.5%), Vitamin D: 0.43µg (2.86%)