



The Veracruz Beach Wrap

READY IN



10 min.

SERVINGS



2

CALORIES



312 kcal

Ingredients

- 0.5 cup regular corn with red and green bell peppers canned drained
- 4 oz oscar mayer carving board southwestern seasoned chicken breast strips ()
- 1 green onion finely chopped
- 0.5 cup lettuce shredded
- 3 Tbsp taco bellâ® & chunky mild salsa thick
- 1 slim cut sharp cheddar cheese cut in half kraft
- 2 slices oscar mayer center cut bacon cooked cut into 1/2-inch pieces
- 2 6-inch tortillas whole wheat ()

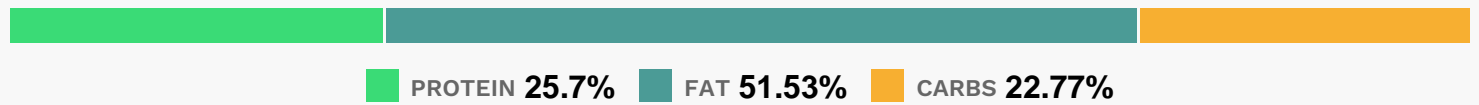
Equipment

- bowl
- microwave

Directions

- Combine first 5 ingredients in microwaveable bowl. Microwave on HIGH 1 min. or until heated through; stir.
- Place cheese on centers of tortillas; top with chicken mixture and lettuce.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:13.385217599247%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 311.66kcal (15.58%), Fat: 17.81g (27.4%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 14.48g (5.27%), Sugar: 3.57g (3.97%), Cholesterol: 60.55mg (20.18%), Sodium: 650.08mg (28.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.97%), Vitamin C: 32.77mg (39.73%), Vitamin B3: 7.9mg (39.48%), Selenium: 25.82µg (36.88%), Vitamin B6: 0.66mg (33.15%), Vitamin K: 20.77µg (19.78%), Phosphorus: 195.11mg (19.51%), Potassium: 458.24mg (13.09%), Fiber: 3.22g (12.89%), Vitamin B1: 0.18mg (11.81%), Vitamin B5: 1.12mg (11.22%), Vitamin A: 452.94IU (9.06%), Iron: 1.38mg (7.69%), Magnesium: 29.43mg (7.36%), Calcium: 73.24mg (7.32%), Vitamin B2: 0.12mg (6.85%), Zinc: 0.92mg (6.17%), Manganese: 0.12mg (6.03%), Vitamin E: 0.8mg (5.33%), Vitamin B12: 0.3µg (4.98%), Copper: 0.08mg (4.11%), Folate: 16.24µg (4.06%), Vitamin D: 0.2µg (1.36%)