

Uptown Blues Wrap



Vegetarian



Vegan

READY IN



11 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cheese dressing blue
- ☐ 4 10-inch flour tortilla plain
- ☐ 2 cups rice white cooked
- ☐ 2 cups barbecue sauce shredded refrigerated with chicken (from 32-ounce tub)
- ☐ 4 romaine leaves
- ☐ 7 ounces roasted peppers red drained

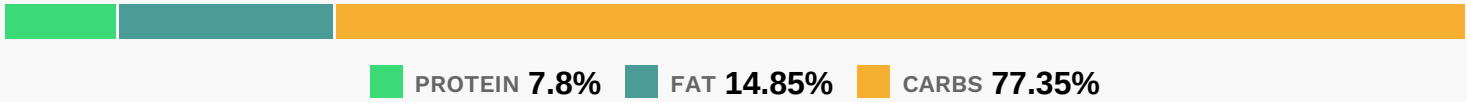
Equipment

- ☐ microwave

Directions

- ☐ Spread dressing on tortillas almost to edges.
- ☐ Spread rice and chicken evenly over dressing; top each with lettuce leaf.
- ☐ Place peppers on lettuce.
- ☐ Fold 1 edge of each tortilla up about 1 inch over filling; roll up each tortilla tightly to make wrap.
- ☐ Place wraps on microwavable plate; cover loosely and microwave on High about 1 minute or until hot.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:34.84, Inflammation Score:-9, Nutrition Score:19.880434730779%

Nutrients (% of daily need)

Calories: 620.87kcal (31.04%), Fat: 10.17g (15.65%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 119.17g (39.72%), Net Carbohydrates: 114.28g (41.56%), Sugar: 51.65g (57.39%), Cholesterol: 0.46mg (0.15%), Sodium: 3106.15mg (135.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.03%), Manganese: 1.05mg (52.51%), Vitamin A: 2356.64IU (47.13%), Selenium: 24.42µg (34.89%), Vitamin C: 28.39mg (34.41%), Vitamin B1: 0.45mg (29.76%), Phosphorus: 261.78mg (26.18%), Iron: 4.46mg (24.76%), Vitamin B3: 4.66mg (23.28%), Calcium: 227.16mg (22.72%), Folate: 89.47µg (22.37%), Vitamin B2: 0.37mg (21.92%), Fiber: 4.89g (19.55%), Vitamin B6: 0.34mg (17.18%), Potassium: 568.2mg (16.23%), Copper: 0.3mg (14.97%), Magnesium: 55.26mg (13.82%), Vitamin K: 10.09µg (9.61%), Vitamin E: 1.36mg (9.08%), Zinc: 1.25mg (8.36%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.11µg (1.76%)