

Recipe: Chicken Strawberry Salad Wrap

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Number of Servings: 4 (212.12 g per serving)

Weight: 848.49 g

Recipe

Item Name	Quantity	Measure
Honey, amber light	1	Tablespoon
Vinegar, red wine	2	Tablespoon
Water, tap	1	Tablespoon
Salt, table	1/8	Teaspoon
Oil, olive, extra virgin	2	Tablespoon
Lettuce, romaine	8	Ounce-weight
Chicken, broiler/fryer, breast, w/o skin, rstd	8	Ounce-weight
Strawberries, fresh, sliced	1/2	Cup
Avocado, avg, fresh, sliced	3/4	Cup
Onion, red, fresh, sliced	1/3	Cup
Nuts, almonds, sliced, USDA	2	Tablespoon
Spring Roll Skin	8	Each

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	3.39
Gram Weight (g)	212.12	Vitamin C (mg)	27.68
Calories (kcal)	290.32	Vitamin D - IU (IU)	2.83
Calories from Fat (kcal)	127.77	Vitamin D - mcg (mcg)	0.06
Calories from SatFat (kcal)	20.42	Vitamin E - Alpha-Toco (mg)	1.54
Protein (g)	33.69	Folate (mcg)	33.21
Carbohydrates (g)	19.70	Folate, DFE (mcg)	33.21
Dietary Fiber (g)	3.43	Vitamin K (mcg)	6.41
Soluble Fiber (g)	0.13	Pantothenic Acid (mg)	0.99
Total Sugars (g)	7.04	Minerals	
Monosaccharides (g)	1.40	Calcium (mg)	51.99
Disaccharides (g)	0.31	Chromium (mcg)	0.34

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Other Carbs (g)	1.23	Copper (mg)	0.13
Fat (g)	14.53	Fluoride (mg)	0.01
Saturated Fat (g)	2.27	Iodine (mcg)	2.66
Mono Fat (g)	9.28	Iron (mg)	1.45
Poly Fat (g)	2.31	Magnesium (mg)	35.89
Trans Fatty Acid (g)	0.00	Manganese (mg)	0.21
Cholesterol (mg)	48.19	Molybdenum (mcg)	1.33
Water (g)	150.70	Phosphorus (mg)	165.45
Vitamins		Potassium (mg)	346.57
Vitamin A - IU (IU)	1555.44	Selenium (mcg)	15.96
Vitamin A - RAE (RAE)	80.58	Sodium (mg)	124.13
Carotenoid RE (RE)	154.35	Zinc (mg)	0.88
Retinol RE (RE)	3.40	Other Fats	
Beta-Carotene (mcg)	919.06	Omega 3 Fatty Acid (g)	0.08
Vitamin B1 (mg)	0.07	Omega 6 Fatty Acid (g)	1.19
Vitamin B2 (mg)	0.15	Other Nutrients	
Vitamin B3 (mg)	8.45	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	12.13	Caffeine (mg)	0
Vitamin B6 (mg)	0.44	Choline (mg)	55.52
Vitamin B12 (mcg)	0.19		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
30 minutes				

Preparation Method Instructions

Shred chicken breasts.
 To make dressing, add stevia, vinegar, water, oil, and salt in salad dressing shaker. Shake well.
 Wait to assembl until ready to serve:
 Wet the spring roll. When bendable, layer with lettuce, chicken, strawberries, avocado, red onion, and almonds. Drizzle on a little dressing. wrap up in spring roll skin. Cut on diagonal. Enjoy!