

Chicken Caesar Wrap

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 Wrap

Portion 1 Wrap

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 Wrap

Servings Per Container 1

Amount Per Serving

Calories 574 Calories From Fat 264

% Daily Value

Total Fat 29g 44%

Saturated Fat 6g 28%

Cholesterol 80mg 27%

Sodium 893mg 37%

Total Carbohydrates 48g 16%

Dietary Fiber 3g 15%

Protein 30g

Vitamin A 25% Vitamin C 22%

Calcium 23% Iron 23%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A

High in Vitamin C

High in Calcium

High in Iron

High in Protein

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Fiber