



Chicken Caesar Wrap

Nutrition Facts Report
Source: Custom

Yield: 1 (1.000 serving(s))
No. Ingredients: 6

Category: Basic Food
Manufacturer: (None)

Ingredients

3.500 oz. Chicken Breast, Meat Only, Roasted
0.500 oz. Parmesan Cheese, Grated
0.500 oz. Romaine Lettuce, Shredded
1.000 oz. Caesar Salad Dressing
0.500 oz. Seasoned Croutons, Ready to Eat
1.000 item Flour Tortilla

Nutrition Facts

Serving Size 1.00 serving(s) (202g)

Amount Per Serving			
Calories 543		Calories from Fat 262	
% Daily Value			
Total Fat	29.1g		45 %
Saturated Fat	7.3g		36 %
Trans Fat			
Cholesterol	98.4mg		33 %
Sodium	975.9mg		41 %
Total Carbohydrate	27.4g		9 %
Dietary Fiber	2.0g		8 %
Sugars	1.9g		
Protein	40.9g		
Vitamin A	18 %	Calcium	24 %
Vitamin C	6 %	Iron	16 %

Instructions