

3 Healthy Chicken Wrap



English cucumber, peeled	250 ml	1 cup	125 g
Multigrain chicken strips, fully cooked (701-1045)		1.6 lbs.	745 g
Mayonnaise	60 ml	¼ cup	60 g
Yogurt (plain) or cottage cheese (like Quark or ricotta)	180 ml	¾ cup	195 g
Red apples with skins, cut into sticks	500 ml	2 cups	230 g
Curry	2.5 ml	½ teaspoon	1 g
Garlic powder	5 ml	1 teaspoon	3 g
Pepper, black	To taste		
Wheat tortillas measuring 25 cm (10 in.)	10		520 g
Lettuce leaves	10		250 g

: 10
 : 20 minutes
 : 15 - 17 minutes
 : no

Nutrition Facts	
For 1 wrap (215 g)	
Amount	% Daily Value
Calories 360	
Fat 13 g	20%
Saturated 2 g	
+ trans 0 g	10%
Polyunsaturated 4 g	
Omega-6 2 g	
Omega-3 0.3 g	
Monounsaturated 3 g	
Cholesterol 30 mg	10%
Sodium 700 mg	29%
Potassium 120 mg	3%
Carbohydrates 45 g	15%
Fibre 3 g	12%
Sugar 5 g	
Protein 15 g	
Vitamin A 66 RE	6%
Vitamin C 4 mg	6%
Calcium 71 mg	6%
Iron 2.2 mg	15%
Phosphorus 38.2 mg	4%

- 1 Cook chicken strips at 180 °C (350 °F) for 15 - 17 minutes, by turning them once during cooking.
- 2 Mix all ingredients except tortillas and lettuce leaves.
- 3 Place mixture on each of the 10 tortillas and garnish each with a lettuce leaf.
- 4 Roll the tortillas and enjoy.

Chef's Remarks

For a change, you may use tomato-flavoured tortillas.

Canada's Food Guide Portions

⅔ servings of vegetables and fruit
 + 1 ½ servings of grain products
 + 1 serving of meat and alternatives.



Olymel Product Allergens

***Contains : egg, milk, soy, gluten (wheat, barley, rye, oats, spelt, Kamut, triticale).**

Food Exchange System

2 ⅔ servings of starch
 + ⅓ serving of vegetables
 + 2 servings of meat and alternatives
 + 1 ½ servings of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)

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Health and Wellness Program