

# Chicken Mayonnaise Wrap

Allergens – **Gluten**, **Milk**, **Mustard**, **Sulphites**

## Ingredients

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Quantity	Ingredient
1kg	Cooked Chicken (chopped)
250ml	<b>Lite Mayonnaise</b> (Hellman's contains <b>Eggs</b> , <b>Milk</b> , <b>Mustard</b> )
200g	<b>Natural Low Fat Yoghurt</b>
5ml	Lemon Juice (contains <b>Sulphites</b> )
	Black Pepper (optional)
20	8" <b>Tortillas Wrap</b> (contains <b>Wheat</b> )

## Method

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1. Mix all the filling ingredients together.
2. Place the chicken mixture in center of the tortilla, fold and roll to completely enclose mixture.
3. Store chilled until ready to serve.

### Nutritional Content per 100g Chicken Mayonnaise

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 186	= 10.5	= 2.3	= 1.9	= 0.45	= 7

**Portion size - Primary – 40g filling    Tortilla @ 40g = 19.08g Carbs**

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