

Pulled Chicken Keto Lunch Wraps

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per wrap): Total carbs: 17.9 g, Fiber: 11.8 g, **Net carbs: 6.1 g**,

Protein: 18.9 g, Fat: 39.3 g, Calories: 478 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 3 wraps)

3 homemade [Keto Tortillas](#)

Slaw:

1 cup shredded red cabbage (70 g/ 2.5 oz)

1 cup shredded white cabbage (70 g/ 2.5 oz)

1 cup shredded kale (50 g/ 1.8 oz)

1 tbsp chopped chives

3 tbsp chopped coriander

2 tbsp chopped parsley

2 tbsp [extra virgin olive oil](#) (30 ml)

1 tbsp + 1 tsp fresh lime *or* lemon juice (20 ml)

salt and pepper, to taste

Filling:

142 g roasted chicken, shredded (5 oz)

1 large avocado, sliced (200 g/ 7.1 oz)

Instructions

1. Make the wraps using [Martina's Keto Tortilla recipe](#). These tortillas can be made ahead of time and stored in an airtight container for up 3 days.
2. Use leftover roasted chicken or shred a broiled chicken breast.
3. Place the cabbage, kale, herbs, olive oil, lime, salt and pepper in a large bowl and mix well.
4. Lay each wrap flat, fill with slaw, 3 - 4 slices of avocado and pulled chicken. Roll up and enjoy. For best results eat on the day or store in fridge for up to 1 day.

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