



## Asian Chicken Roll-Ups

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon brown sugar packed
- 1 teaspoon canola oil
- 1.5 cups carrots shredded
- 8 oz chicken breast strips/pre-cooked/chopped cooked
- 2 tablespoons crunchy peanut butter
- 4 8-inch flour tortilla for burritos (; from 11-oz package old el paso®)
- 0.5 cup cilantro leaves fresh chopped
- 1.5 cups lettuce shredded

2 tablespoons teriyaki sauce (from 12-oz bottle)

1 tablespoon water hot

## Equipment

bowl

whisk

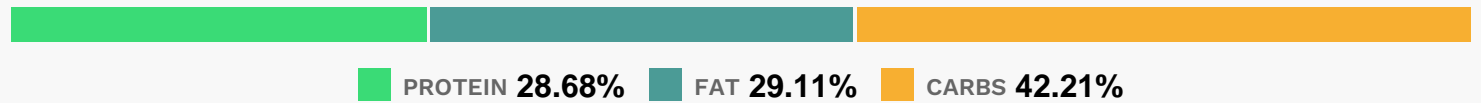
## Directions

In small bowl, beat peanut butter, teriyaki baste and glaze, brown sugar, water and oil with wire whisk until smooth.

Spread about 1 1/2 tablespoons peanut butter mixture over each tortilla. Top each with 2 slices chicken, about 1/3 cup lettuce, about 1/3 cup carrots and 2 tablespoons cilantro.

Roll up tortillas.

## Nutrition Facts



## Properties

Glycemic Index:36.21, Glycemic Load:9.64, Inflammation Score:-10, Nutrition Score:20.653478119684%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 348.9kcal (17.45%), Fat: 11.26g (17.32%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.58g (11.85%), Sugar: 9.57g (10.63%), Cholesterol: 48.19mg (16.06%), Sodium: 838.66mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.93%), Vitamin A: 8301.29IU (166.03%), Vitamin B3: 11.77mg (58.85%), Selenium: 27.91µg (39.87%), Phosphorus: 296.99mg (29.7%), Manganese: 0.52mg (25.92%), Vitamin B6: 0.49mg (24.73%), Vitamin B1: 0.35mg (23.43%), Vitamin K: 23.64µg (22.51%), Folate: 76.51µg (19.13%), Iron: 3.06mg (16.99%), Fiber: 4.16g (16.63%), Vitamin B2: 0.26mg (15.38%), Potassium: 494.83mg (14.14%), Magnesium: 54.43mg (13.61%), Calcium: 113.46mg (11.35%), Vitamin B5: 0.91mg (9.09%), Copper: 0.17mg (8.55%), Vitamin E: 1.25mg (8.32%), Zinc: 1.24mg (8.24%), Vitamin C: 4.13mg (5%), Vitamin B12: 0.19µg (3.21%)