






 **54%**  
HEALTH SCORE

# Asian Chicken Wrap with Chili Sauce and Caramel Corn

READY IN  
  
**95 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1118 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 head boston lettuce
- 4 servings canola oil for grilling
- 1 cup caramel corn roughly chopped
- 2 carrots grated peeled
- 0.5 cup champagne vinegar
- 0.3 cup chicken stock see
- 1 pound angel hair pasta cooled cooked drained
- 1 bunch cilantro leaves fresh chopped

- 1 clove garlic
- 1 clove garlic minced
- 0.3 cup honey
- 4 servings kosher salt and pepper black freshly ground
- 5 tablespoons soya sauce low-sodium
- 1 small head napa cabbage shredded
- 1 cup olive oil
- 1 small onion diced spanish
- 1 small onion halved
- 1 small bunch parsley
- 1 teaspoon peanut butter
- 1 bell pepper red
- 3 serrano chiles halved
- 0.3 cup sesame oil
- 4 chicken breasts boneless skinless
- 0.5 cup thai chili sauce

## Equipment

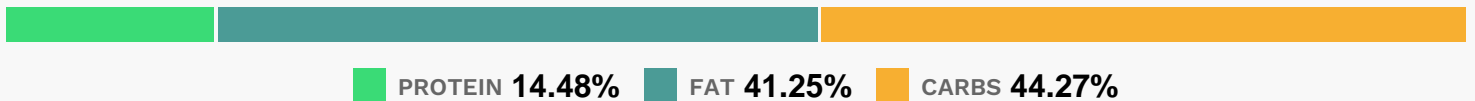
- food processor
- bowl
- blender
- grill
- kitchen thermometer
- grill pan

## Directions

- Preheat an outdoor grill or indoor grill pan.
- In a blender or food processor, combine the peanut butter, 1 clove garlic and the soy sauce. Blend on high until smooth.

- Add the vinegar, olive oil and sesame oil and blend until emulsified.
- Add salt and pepper, to taste
- Season the chicken breasts with salt and pepper, to tastes, and cook on the grill until they reach an internal temperature of 165 degrees F on an instant-read thermometer, about 5 on each side.
- Let the chicken cool down then dice it into bite-size pieces.
- In a bowl, mix together the onions, remaining minced garlic, cilantro, carrots, cabbage, chopped chicken and the peanut sauce. Refrigerate for 1 hour.
- To serve, separate the lettuce leaves. Use each leaf as a cup and fill with a bit of pasta, a spoonful of the chicken mixture, a drizzle of the chili sauce, a sprinkle of caramel corn and a few parsley leaves. Arrange on a serving platter and serve.
- Brush the onion halves with oil and grill them for 4 minutes on each side. In a food processor or blender, combine serrano chiles, red pepper, garlic, chili sauce, honey and chicken stock. Blend on high until smooth. Season with salt and pepper, to taste.

## Nutrition Facts



### Properties

Glycemic Index:108.9, Glycemic Load:28.96, Inflammation Score:-10, Nutrition Score:49.598260920981%

### Flavonoids

Apigenin: 30.78mg, Apigenin: 30.78mg, Apigenin: 30.78mg, Apigenin: 30.78mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

### Nutrients (% of daily need)

Calories: 1117.86kcal (55.89%), Fat: 52.23g (80.36%), Saturated Fat: 7.88g (49.24%), Carbohydrates: 126.17g (42.06%), Net Carbohydrates: 113.98g (41.45%), Sugar: 62.64g (69.6%), Cholesterol: 75.73mg (25.24%), Sodium: 1520.36mg (66.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.49%), Vitamin K: 412.22µg (392.59%), Vitamin A: 9742IU (194.84%), Vitamin C: 133.81mg (162.19%), Selenium: 71.38µg (101.97%), Vitamin B6: 1.81mg (90.59%), Vitamin B3: 16.81mg (84.05%), Folate: 287.8µg (71.95%), Manganese: 1.36mg (67.86%), Phosphorus: 537.91mg (53.79%), Potassium: 1733.33mg (49.52%), Vitamin E: 7.32mg (48.83%), Fiber: 12.19g (48.74%), Magnesium: 148.45mg (37.11%), Iron: 6.28mg (34.89%), Calcium: 288.82mg (28.88%), Vitamin B2: 0.49mg

(28.62%), Vitamin B5: 2.49mg (24.91%), Vitamin B1: 0.36mg (24.32%), Copper: 0.45mg (22.64%), Zinc: 2.92mg (19.44%), Vitamin B12: 0.23µg (3.87%)