



Asian Chicken Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup carrots shredded peeled
- ☐ 2 tablespoons chow mein noodles
- ☐ 4 10-inch flour tortillas
- ☐ 0.7 cup general tso's sauce
- ☐ 10 oz romaine and cabbage salad mix
- ☐ 2 chicken breasts shredded boneless skinless cooked
- ☐ 0.3 cup teriyaki sauce

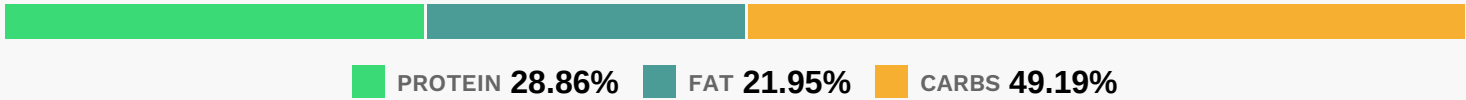
Equipment

☐ frying pan

Directions

- ☐ Combine chicken and sauces in a skillet. Cook over medium heat until heated through; remove from heat. Divide ingredients evenly on each tortilla, beginning with salad mix, carrot, chicken mixture, almonds and ending with chow mein noodles.
- ☐ Roll up burrito style.

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:11.48, Inflammation Score:-10, Nutrition Score:26.821303989576%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 484.74kcal (24.24%), Fat: 11.65g (17.93%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 54.72g (19.9%), Sugar: 15.38g (17.09%), Cholesterol: 72.32mg (24.11%), Sodium: 1884.59mg (81.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.92%), Vitamin B3: 15.86mg (79.32%), Selenium: 52.5µg (75%), Vitamin A: 3512.04IU (70.24%), Vitamin B6: 0.99mg (49.62%), Phosphorus: 470.12mg (47.01%), Vitamin B1: 0.47mg (31.56%), Manganese: 0.62mg (31.06%), Folate: 103.55µg (25.89%), Vitamin B2: 0.43mg (25.49%), Iron: 4.21mg (23.39%), Vitamin C: 18.74mg (22.72%), Potassium: 761.35mg (21.75%), Magnesium: 81mg (20.25%), Vitamin B5: 1.92mg (19.17%), Fiber: 4.03g (16.12%), Calcium: 142.31mg (14.23%), Vitamin E: 1.79mg (11.95%), Copper: 0.22mg (11.16%), Zinc: 1.41mg (9.41%), Vitamin K: 7.38µg (7.03%), Vitamin B12: 0.23µg (3.77%)