



WHATSheATE



Chicken and Mint Coleslaw Wraps



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 3 cups angel hair coleslaw
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 tablespoon bottled ground ginger fresh
- ☐ 0.3 cup juice of lemon fresh 2 lemons
- ☐ 1 poblano chile halved lengthwise seeded thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

- ☐ 2 teaspoons sugar
- ☐ 6 8-inch tortillas gluten-free

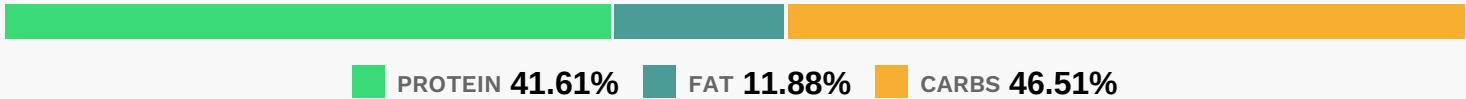
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with salt.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; saut 4 1/2 minutes on each side or until done.
- ☐ Remove chicken to a cutting board, and cut into thin strips.
- ☐ Combine juice and next 3 ingredients in a large bowl.
- ☐ Add chicken strips, coleslaw, mint, and chile, tossing well to coat. Warm tortillas according to package directions. Divide chicken mixture evenly among tortillas; roll up.
- ☐ Cut each rolled tortilla in half crosswise.

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:18.136956546618%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg,

Naringenin: 0.19mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 288.95kcal (14.45%), Fat: 3.73g (5.75%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 30.73g (11.18%), Sugar: 3.21g (3.57%), Cholesterol: 72.57mg (24.19%), Sodium: 191.67mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Selenium: 60.49µg (86.42%), Vitamin B3: 12.73mg (63.63%), Vitamin B6: 0.97mg (48.25%), Manganese: 0.71mg (35.5%), Phosphorus: 318.45mg (31.84%), Vitamin C: 23.75mg (28.79%), Vitamin B5: 1.83mg (18.32%), Potassium: 585.87mg (16.74%), Magnesium: 57.06mg (14.27%), Vitamin B2: 0.16mg (9.17%), Fiber: 2.18g (8.72%), Zinc: 1.29mg (8.63%), Copper: 0.17mg (8.58%), Vitamin B1: 0.12mg (8.3%), Iron: 1.36mg (7.54%), Vitamin A: 292.47IU (5.85%), Folate: 20.39µg (5.1%), Vitamin B12: 0.23µg (3.78%), Calcium: 26.72mg (2.67%), Vitamin E: 0.38mg (2.55%), Vitamin K: 1.83µg (1.74%)