



Chicken and Mint Coleslaw Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 3 cups angel hair pasta
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 8-inch flour tortilla ()
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 tablespoon ground ginger fresh (such as Spice World)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 poblano pepper halved lengthwise seeded thinly sliced
- ☐ 0.1 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons sugar

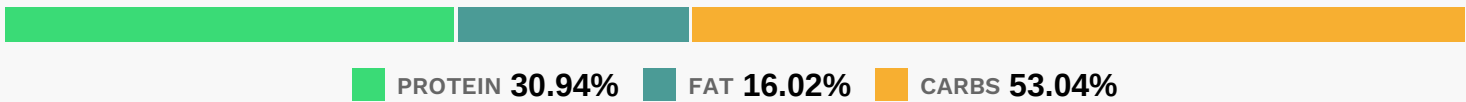
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ 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 rolling pin.
- ☐ 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, ginger, sugar, and red pepper 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:26.02, Glycemic Load:20.2, Inflammation Score:-6, Nutrition Score:23.557391135589%

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: 442.19kcal (22.11%), Fat: 7.73g (11.89%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 53.77g (19.55%), Sugar: 5.08g (5.64%), Cholesterol: 72.57mg (24.19%), Sodium: 561.1mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.18%), Selenium: 71.86µg (102.66%), Vitamin B3: 14.98mg (74.9%), Vitamin B6: 1mg (49.76%), Manganese: 0.96mg (48.09%), Phosphorus: 423.51mg (42.35%), Vitamin C: 23.75mg (28.79%), Vitamin B1: 0.38mg (25.41%), Vitamin B5: 1.92mg (19.16%), Potassium: 649.62mg (18.56%), Iron: 3.21mg (17.82%), Vitamin B2: 0.3mg (17.63%), Folate: 68.33µg (17.08%), Magnesium: 68.28mg (17.07%), Fiber: 3.81g (15.24%), Copper: 0.22mg (11.23%), Zinc: 1.57mg (10.43%), Calcium: 101.18mg (10.12%), Vitamin A: 292.47IU (5.85%), Vitamin K: 5.5µg (5.24%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.38mg (2.55%)