

Chicken Saté Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups d angel hair slaw
- ☐ 0.5 cup matchstick-cut carrots
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 3 tablespoons creamy peanut butter
- ☐ 1 teaspoon curry powder
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.7 cup coconut milk light
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar

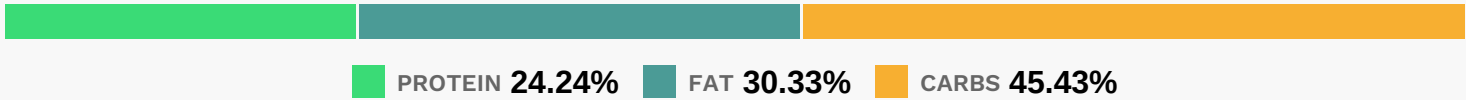
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add carrots and onions; saut 1 minute. Stir in coconut milk and next 5 ingredients (through pepper); cook 30 seconds, stirring constantly.
- ☐ Add the chicken; cook 1 minute, stirring to coat.
- ☐ Remove from heat; cool. Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture down center of each tortilla, and top each with 1/3 cup angel hair slaw.
- ☐ Roll up. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:21.918695615686%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 446.82kcal (22.34%), Fat: 14.88g (22.89%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 46.08g (16.75%), Sugar: 4.82g (5.35%), Cholesterol: 48mg (16%), Sodium: 701.29mg (30.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.5%), Selenium: 51.99µg (74.27%), Vitamin B3: 12.3mg (61.49%), Vitamin A: 2342.92IU (46.86%), Manganese: 0.75mg (37.39%), Phosphorus: 366.78mg (36.68%), Vitamin B6: 0.72mg (35.81%), Vitamin B1: 0.36mg (23.74%), Vitamin K: 23.19µg (22.08%), Folate: 78.01µg (19.5%), Magnesium: 71.68mg (17.92%), Iron: 3.14mg (17.42%), Vitamin B2: 0.28mg (16.51%), Fiber: 4.05g (16.21%), Potassium: 548.73mg (15.68%), Vitamin B5: 1.47mg (14.71%), Copper: 0.23mg (11.27%), Calcium: 104.38mg (10.44%), Zinc:

1.48mg (9.84%), Vitamin E: 1.45mg (9.69%), Vitamin C: 2.99mg (3.62%), Vitamin B12: 0.15µg (2.5%)