



WHATSheATE

Chicken tikka wraps

READY IN



15 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cucumber halved sliced
- ☐ 0.3 lettuce shredded
- ☐ 2 spring onion sliced
- ☐ 1 handful mint leaves
- ☐ 4 small naan breads plain
- ☐ 140 g chicken pieces cooked
- ☐ 4 servings yogurt

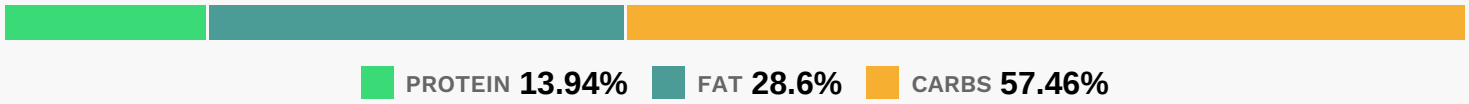
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Toss all the salad vegetables together.
- ☐ Heat the naan breads in the microwave on Medium for 1 min until puffed up.
- ☐ Remove the breads. Tip the tikka pieces into a bowl and give them a quick blast in the microwave to heat through. Split the breads in half and stuff with the salad, chicken and a spoonful of yogurt.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.8547826823981%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 435.85kcal (21.79%), Fat: 13.51g (20.79%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 61.07g (20.36%), Net Carbohydrates: 58.31g (21.2%), Sugar: 5.08g (5.64%), Cholesterol: 27.9mg (9.3%), Sodium: 869.05mg (37.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Vitamin K: 22.25µg (21.19%), Fiber: 2.76g (11.02%), Calcium: 98.01mg (9.8%), Vitamin B3: 1.72mg (8.58%), Vitamin A: 319.22IU (6.38%), Vitamin B6: 0.11mg (5.61%), Selenium: 3.54µg (5.05%), Phosphorus: 49.56mg (4.96%), Folate: 18.87µg (4.72%), Vitamin C: 3.38mg (4.09%), Manganese: 0.08mg (4.09%), Potassium: 141.78mg (4.05%), Vitamin B5: 0.3mg (3.04%), Vitamin B2: 0.05mg (2.97%), Iron: 0.53mg (2.96%), Zinc: 0.43mg (2.9%), Magnesium: 11.49mg (2.87%), Vitamin B1: 0.04mg (2.55%), Copper: 0.04mg (2.08%), Vitamin B12: 0.08µg (1.29%), Vitamin E: 0.17mg (1.14%)