



Chicken Wraps with Mango Chutney

READY IN



30 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon curry powder
- ☐ 3 tablespoons spring onion sliced
- ☐ 2 cups the salad mixed
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup greek yogurt 2% reduced-fat
- ☐ 0.3 cup mango chutney
- ☐ 8.8 ounce naan breads white
- ☐ 1 tablespoon olive oil

☐ 12 ounce chicken breast halves boneless skinless

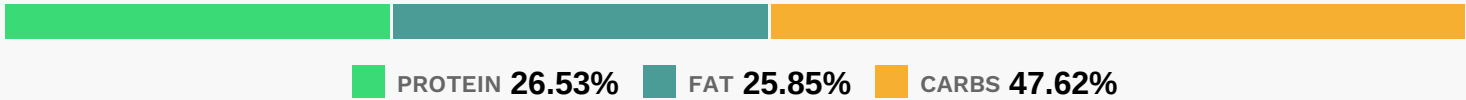
Equipment

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

Directions

- ☐ Place chicken between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Cut each chicken breast half in half crosswise.
- ☐ Combine curry powder, salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle curry mixture over both sides of chicken.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add chicken to pan. Cook 3 minutes on each side or until done.
- ☐ Remove from pan; let stand 5 minutes.
- ☐ While chicken stands, combine yogurt, chutney, green onions, and remaining 1/4 teaspoon pepper in a small bowl.
- ☐ Warm naan according to package directions; cut in half crosswise.
- ☐ Cut chicken into 1/2-inch-thick slices.
- ☐ Spread yogurt mixture evenly over naan halves. Top evenly with greens and chicken; roll up.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:8.04, Inflammation Score:-4, Nutrition Score:11.566521895968%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 406.94kcal (20.35%), Fat: 11.45g (17.61%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.56g (16.57%), Sugar: 13.58g (15.09%), Cholesterol: 61.06mg (20.35%), Sodium: 695.18mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.87%), Vitamin B3: 9.07mg (45.33%), Selenium: 28.02µg (40.02%), Vitamin B6: 0.68mg (33.9%), Phosphorus: 197.73mg (19.77%), Vitamin K: 13.5µg (12.86%), Vitamin B5: 1.25mg (12.47%), Potassium: 404.39mg (11.55%), Vitamin C: 8.55mg (10.36%), Calcium: 95.4mg (9.54%), Manganese: 0.15mg (7.72%), Fiber: 1.91g (7.64%), Magnesium: 30.3mg (7.58%), Vitamin B2: 0.12mg (7.03%), Vitamin E: 1.05mg (6.99%), Vitamin A: 330.12IU (6.6%), Iron: 1.1mg (6.11%), Vitamin B1: 0.07mg (4.69%), Folate: 18.37µg (4.59%), Zinc: 0.63mg (4.2%), Copper: 0.07mg (3.68%), Vitamin B12: 0.17µg (2.83%)