



Curried Chicken Wraps

 Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



6

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 1 cup medium-diced celery (2 large stalks)
- 3 chicken breasts whole split bone in , skin on ()
- 3 tablespoons curry powder
- 0.3 cup cooking wine dry white
- 6 servings kosher salt
- 1.5 cups mayonnaise good
- 0.3 cup chutney (recommended: Major Gray's)

- 6 servings olive oil
- 0.3 cup raisins
- 1 cup roasted salted whole chopped
- 0.3 cup scallions white green chopped (2 scallions)
- 6 tortillas

Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the chicken breasts on a sheet pan and rub the skin with olive oil.
- Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.
- Remove the meat from the bones, discard the skin, and shred the chicken in pieces.
- For the dressing, combine the mayonnaise, wine, chutney, curry powder, and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade. Process until smooth.
- Combine the chicken with enough dressing to moisten well.
- Add the celery, scallions, and raisins, and mix well. Refrigerate for a few hours to allow the flavors to blend.
- Add the cashews to the chicken.
- Fill the center of each tortilla with the chicken mixture. Fold the 2 sides of the tortilla over the filling so that the sides overlap.
- Roll the tortilla from bottom to top, and cut in half diagonally.

Nutrition Facts



■ PROTEIN 13.81% ■ FAT 72.52% ■ CARBS 13.67%

Properties

Glycemic Index:43.13, Glycemic Load:7.63, Inflammation Score:-7, Nutrition Score:27.400000012439%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 907.45kcal (45.37%), Fat: 72.86g (112.09%), Saturated Fat: 12.47g (77.93%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 27.34g (9.94%), Sugar: 3.11g (3.46%), Cholesterol: 95.84mg (31.95%), Sodium: 1216.52mg (52.89%), Alcohol: 1.37g (100%), Alcohol %: 0.6% (100%), Protein: 31.23g (62.45%), Vitamin K: 126.79µg (120.75%), Vitamin B3: 13.69mg (68.47%), Selenium: 47.47µg (67.81%), Vitamin B6: 0.99mg (49.74%), Phosphorus: 445.88mg (44.59%), Vitamin E: 5.01mg (33.38%), Copper: 0.63mg (31.67%), Manganese: 0.56mg (27.77%), Magnesium: 109.53mg (27.38%), Iron: 4.26mg (23.67%), Potassium: 758.18mg (21.66%), Vitamin B5: 2.09mg (20.88%), Vitamin B1: 0.3mg (19.7%), Vitamin B2: 0.29mg (16.97%), Folate: 64.95µg (16.24%), Zinc: 2.37mg (15.77%), Fiber: 3.54g (14.18%), Calcium: 91.87mg (9.19%), Vitamin A: 449.21IU (8.98%), Vitamin C: 4.75mg (5.76%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.22µg (1.5%)