



Curry Chicken Wraps with Nectarine Chutney

READY IN



140 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby arugula loosely packed
- ☐ 10 cilantro sprigs
- ☐ 3 inch cucumber
- ☐ 3 tablespoons curry powder
- ☐ 1 cup yogurt plain fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 garlic cloves crushed

- ☐ 0.8 cup green onions finely sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lime divided
- ☐ 0.3 cup mango chutney
- ☐ 2 cups nectarines chopped
- ☐ 1 cup onion red vertically sliced
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 11.4 ounce flatbreads light whole-wheat (such as Flatout)

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine yogurt, curry, and 1 tablespoon lime juice in a large heavy-duty zip-top plastic bag; squeeze bag to mix.
- ☐ Cut 3 shallow slits in each chicken breast.
- ☐ Add chicken, cilantro sprigs, and garlic to bag, squeezing to coat chicken. Seal and marinate in the refrigerator for 2 hours, turning occasionally.
- ☐ Combine remaining 2 tablespoons lime juice, nectarines, and next 6 ingredients (through red pepper) in a bowl; toss gently. Cover and set aside.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken with salt; place chicken on grill rack coated with cooking spray. Cover and grill for 4 minutes on each side or until chicken is done.
- ☐ Let stand 5 minutes.
- ☐ Cut chicken across the grain into thin slices.

- ☐ Place 1/3 cup nectarine chutney in center of each flatbread. Divide chicken evenly among flatbreads. Top each with 4 cucumber slices, 1/4 cup arugula, and about 2 1/2 tablespoons red onion; roll up.
- ☐ Cut each wrap in half diagonally.

Nutrition Facts



Properties

Glycemic Index:58.33, Glycemic Load:9.75, Inflammation Score:-8, Nutrition Score:28.442608677823%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 399.69kcal (19.98%), Fat: 4.66g (7.16%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 51.81g (18.84%), Sugar: 19.44g (21.6%), Cholesterol: 73.39mg (24.46%), Sodium: 604.73mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.39%), Selenium: 63.05µg (90.08%), Vitamin B3: 14.28mg (71.4%), Manganese: 1.28mg (64.02%), Vitamin B6: 1.16mg (57.96%), Vitamin K: 47.44µg (45.18%), Phosphorus: 450.04mg (45%), Fiber: 6.44g (25.76%), Vitamin B5: 2.54mg (25.39%), Potassium: 887.06mg (25.34%), Magnesium: 98.96mg (24.74%), Vitamin B1: 0.34mg (22.36%), Iron: 3.76mg (20.91%), Vitamin B2: 0.33mg (19.13%), Vitamin C: 15mg (18.19%), Copper: 0.33mg (16.41%), Vitamin A: 812.86IU (16.26%), Zinc: 2.31mg (15.39%), Folate: 61.05µg (15.26%), Calcium: 150.67mg (15.07%), Vitamin E: 1.75mg (11.64%), Vitamin B12: 0.48µg (7.93%)