



Ginger-Peanut Chicken-Salad Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 8 8-inch flour tortilla fat-free ()
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lime fresh

- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup bell pepper red chopped
- ☐ 4 cups the of 1 cos lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves
- ☐ 1.5 tablespoons sugar
- ☐ 2 tablespoons water

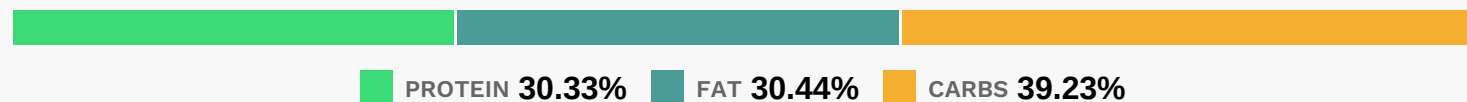
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove the chicken from pan; cool. Shred the chicken into bite-size pieces.
- ☐ Place chicken, cucumber, and bell pepper in a large bowl; set aside.
- ☐ Place sugar and the next 6 ingredients (sugar through garlic) in a blender, and process until smooth.
- ☐ Add peanut butter and water; process until smooth, scraping sides.
- ☐ Add peanut butter mixture to chicken mixture; stir well.
- ☐ Add cilantro, and toss well. Warm tortillas according to package directions. Spoon 1/2 cup chicken mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:10, Inflammation Score:-9, Nutrition Score:21.542174041271%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 327.89kcal (16.39%), Fat: 11.07g (17.04%), Saturated Fat: 2.88g (18%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 28.96g (10.53%), Sugar: 6.21g (6.9%), Cholesterol: 54.43mg (18.14%), Sodium: 656.64mg (28.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin B3: 12.46mg (62.3%), Selenium: 39.14µg (55.91%), Vitamin A: 2560.67IU (51.21%), Vitamin B6: 0.78mg (39.13%), Phosphorus: 330.4mg (33.04%), Vitamin K: 30.69µg (29.23%), Vitamin C: 22.31mg (27.04%), Folate: 100.7µg (25.17%), Vitamin B1: 0.36mg (23.68%), Manganese: 0.47mg (23.35%), Vitamin B2: 0.28mg (16.68%), Potassium: 554.89mg (15.85%), Vitamin B5: 1.52mg (15.17%), Iron: 2.69mg (14.92%), Magnesium: 56.39mg (14.1%), Fiber: 3.16g (12.63%), Calcium: 96.31mg (9.63%), Vitamin E: 1.27mg (8.47%), Zinc: 1.12mg (7.44%), Copper: 0.14mg (7.12%), Vitamin B12: 0.17µg (2.83%)