



## Ginger-Peanut Chicken-Salad Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 24 oz chicken breast halves skinless
- 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 teaspoon 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
- 1.5 tablespoons sugar
- 2 tablespoons water

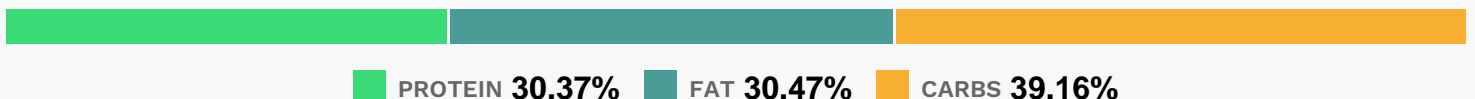
## Equipment

- bowl
- frying pan
- blender

## Directions

- Heat oil in a large, nonstick skillet over medium-high heat.
- Add chicken; cook for 5 minutes on each side or until done.
- Remove from pan; cool. Shred chicken into bite-size pieces.
- Place chicken, cucumber and bell pepper in a large bowl.
- Process sugar, ginger, lime juice, soy sauce, salt, red pepper and garlic in a blender until smooth.
- Add peanut butter and water; blend.
- Combine peanut butter and chicken mixtures; stir.
- Add cilantro; toss.
- Warm tortillas according to package directions. Spoon 1/2 cup chicken mixture and 1/2 cup lettuce onto each tortilla; roll up.

## Nutrition Facts



## Properties

Glycemic Index:34.26, Glycemic Load:9.99, Inflammation Score:-9, Nutrition Score:21.517391238524%

## 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, 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: 327.39kcal (16.37%), Fat: 11.07g (17.03%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 28.86g (10.49%), Sugar: 6.2g (6.89%), Cholesterol: 54.43mg (18.14%), Sodium: 656.56mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin B3: 12.46mg (62.28%), Selenium: 39.13µg (55.91%), Vitamin A: 2560.67IU (51.21%), Vitamin B6: 0.78mg (39.08%), Phosphorus: 330.19mg (33.02%), Vitamin K: 30.69µg (29.23%), Vitamin C: 22.28mg (27%), Folate: 100.63µg (25.16%), Vitamin B1: 0.35mg (23.67%), Manganese: 0.47mg (23.28%), Vitamin B2: 0.28mg (16.67%), Potassium: 552.3mg (15.78%), Vitamin B5: 1.52mg (15.16%), Iron: 2.68mg (14.9%), Magnesium: 56.12mg (14.03%), Fiber: 3.15g (12.58%), Calcium: 96.21mg (9.62%), Vitamin E: 1.27mg (8.45%), Zinc: 1.11mg (7.43%), Copper: 0.14mg (7.04%), Vitamin B12: 0.17µg (2.83%)