



Hoisin Chicken Wraps

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



491 kcal

SAUCE

Ingredients

- ☐ 2 carrots shredded
- ☐ 0.5 cup cashew pieces chopped
- ☐ 3.5 cups meat from 1 skinned rotisserie chicken shredded
- ☐ 4 large flour tortillas
- ☐ 1 inch ginger fresh peeled finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup bottled hoisin sauce
- ☐ 12 large lettuce leaves shredded

- ☐ 1 teaspoon rice vinegar
- ☐ 3 scallions light white green finely chopped
- ☐ 1 tablespoon vegetable oil

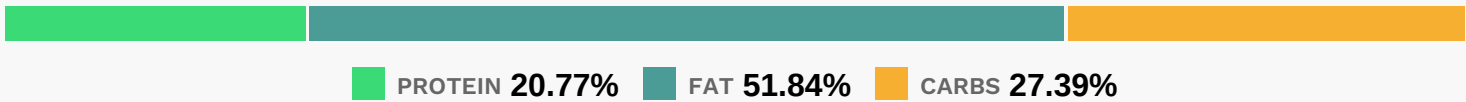
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Warm oil in large skillet over medium heat.
- ☐ Add garlic, ginger and scallions and stir until fragrant, about 1 minute.
- ☐ Add chicken, hoisin sauce, vinegar and cashews and cook, stirring, until heated through, 2 to 3 minutes.
- ☐ Warm tortillas in microwave just to soften.
- ☐ Lay tortillas on a work surface. Divide lettuce among tortillas. Spoon chicken mixture into middle of each tortilla, sprinkle with carrots, wrap and serve.

Nutrition Facts



Properties

Glycemic Index:58.26, Glycemic Load:7.06, Inflammation Score:-10, Nutrition Score:24.773478129636%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 491.47kcal (24.57%), Fat: 28.45g (43.77%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 29.88g (10.87%), Sugar: 9.18g (10.2%), Cholesterol: 74.67mg (24.89%), Sodium: 613.54mg (26.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Vitamin A: 10655.53IU (213.11%), Vitamin B3: 9.08mg (45.41%), Manganese: 0.78mg (39.07%), Vitamin K: 38.16µg (36.35%), Selenium: 25.19µg (35.99%), Phosphorus: 347.12mg (34.71%), Vitamin B6: 0.58mg (29.13%), Vitamin B1: 0.38mg (25.31%), Copper:

0.48mg (24.22%), Magnesium: 93.54mg (23.39%), Iron: 4.14mg (23%), Vitamin C: 18.74mg (22.71%), Vitamin B2: 0.35mg (20.53%), Folate: 81.27µg (20.32%), Zinc: 2.72mg (18.11%), Potassium: 626.67mg (17.9%), Fiber: 3.94g (15.75%), Vitamin B5: 1.2mg (12.02%), Calcium: 111.68mg (11.17%), Vitamin E: 1.24mg (8.27%), Vitamin B12: 0.31µg (5.11%), Vitamin D: 0.2µg (1.32%)