



Hoisin wraps

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



275 kcal

SAUCE

Ingredients

- ☐ 200 g turkey cooked cut into strips
- ☐ 4 tbsp hoisin sauce
- ☐ 2 flour tortilla
- ☐ 0.3 cucumber shredded deseeded
- ☐ 4 spring onion shredded trimmed finely
- ☐ 1 handful watercress good

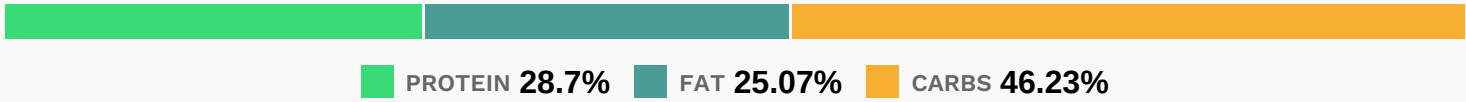
Equipment

- ☐ grill

Directions

- ☐ Heat the grill to high.
- ☐ Mix the turkey or chicken with half of the hoisin sauce so that its coated, then spread out onto an ovenproof dish and grill until sizzling. Warm the tortillas under the grill or according to pack instructions.
- ☐ Spread the tortillas with the rest of the hoisin sauce, then use to wrap up the turkey or chicken with the cucumber, onions and watercress.
- ☐ Cut in half and enjoy while still warm.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:5.13, Inflammation Score:-5, Nutrition Score:15.003043532372%

Flavonoids

Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 274.55kcal (13.73%), Fat: 7.59g (11.68%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 28.68g (10.43%), Sugar: 10.97g (12.19%), Cholesterol: 52.08mg (17.36%), Sodium: 823.52mg (35.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.11%), Vitamin K: 55.95µg (53.29%), Vitamin B3: 7.26mg (36.3%), Selenium: 22.58µg (32.25%), Vitamin B6: 0.5mg (24.86%), Phosphorus: 220.95mg (22.09%), Vitamin B2: 0.31mg (18.5%), Folate: 61.19µg (15.3%), Manganese: 0.31mg (15.25%), Vitamin B12: 0.87µg (14.44%), Vitamin B1: 0.21mg (14.1%), Iron: 2.46mg (13.67%), Fiber: 2.84g (11.34%), Zinc: 1.68mg (11.22%), Magnesium: 41.44mg (10.36%), Potassium: 353.51mg (10.1%), Copper: 0.17mg (8.69%), Calcium: 84.98mg (8.5%), Vitamin B5: 0.76mg (7.56%), Vitamin C: 6.05mg (7.34%), Vitamin A: 323.92IU (6.48%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.21µg (1.42%)