



## In-a-Pinch Moo Shu Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons bottled garlic minced
- 4 cups d cabbage-and-carrot coleslaw
- 0.3 teaspoon pepper red crushed
- 0.5 cup egg substitute
- 10 6-inch flour tortillas ()
- 1.5 teaspoons ginger fresh minced peeled
- 0.8 cup green onions chopped
- 0.5 cup hoisin sauce

- 0.3 teaspoon salt
- 1.5 pounds chicken breast boneless skinless
- 2 teaspoons vegetable oil
- 1 cup zucchini chopped

## Equipment

- food processor
- frying pan
- cutting board

## Directions

- Heat a small nonstick skillet coated with cooking spray over medium heat.
- Add 2 tablespoons egg substitute; cook 1 minute or until done.
- Remove egg to a cutting board. Repeat procedure with remaining egg substitute.
- Cut egg into thin strips; set aside.
- Place chicken in a food processor; pulse until finely ground.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken, garlic, and ginger; cook 3 minutes, stirring to crumble. Stir in coleslaw, zucchini, onions, salt, and pepper; cook 3 minutes or until tender, stirring frequently. Stir in hoisin.
- Warm tortillas according to package directions. Spoon 3/4 cup chicken mixture down center of each tortilla; top each with about 1 tablespoon egg strips.
- Roll up.

## Nutrition Facts



**PROTEIN 32.53%** **FAT 21.57%** **CARBS 45.9%**

## Properties

Glycemic Index:34.57, Glycemic Load:13.12, Inflammation Score:-10, Nutrition Score:34.343913337459%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## **Nutrients (% of daily need)**

Calories: 481.4kcal (24.07%), Fat: 11.43g (17.59%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 48.28g (17.56%), Sugar: 16.07g (17.86%), Cholesterol: 87.91mg (29.3%), Sodium: 1286.08mg (55.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.6%), Vitamin A: 17432.4IU (348.65%), Selenium: 67.88µg (96.98%), Vitamin B3: 18.43mg (92.14%), Vitamin B6: 1.32mg (66.12%), Vitamin K: 53.86µg (51.3%), Phosphorus: 491.47mg (49.15%), Vitamin B1: 0.51mg (34.01%), Vitamin B2: 0.56mg (32.68%), Manganese: 0.64mg (31.96%), Potassium: 1108.62mg (31.67%), Vitamin B5: 2.81mg (28.1%), Folate: 107.17µg (26.79%), Fiber: 6.46g (25.86%), Iron: 4.11mg (22.84%), Magnesium: 79.44mg (19.86%), Vitamin C: 15.82mg (19.17%), Calcium: 173.4mg (17.34%), Zinc: 1.84mg (12.29%), Vitamin E: 1.69mg (11.29%), Copper: 0.22mg (10.99%), Vitamin B12: 0.35µg (5.9%), Vitamin D: 0.52µg (3.47%)