



Mou Shu Chicken Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup plums sliced
- 0.3 cup plums
- 1 tablespoon vinegar white
- 1 tablespoon vegetable oil
- 0.5 lb chicken breast uncooked for stir-fry
- 0.3 cup hoisin sauce
- 2 tablespoons ginger grated
- 3 tablespoons wine dry white

- 1 teaspoon sugar
- 3 cups savoy cabbage shredded
- 1 cup carrots shredded
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

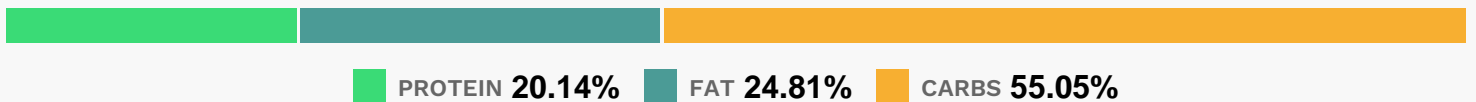
Equipment

- frying pan
- sauce pan

Directions

- In 1-quart saucepan, cook all sauce ingredients over medium heat about 5 minutes, stirring occasionally, until plums are tender.
- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 8 to 10 minutes, stirring occasionally, until no longer pink in center. Stir in hoisin sauce, gingerroot, wine, sugar, cabbage and carrots; cook 4 to 6 minutes, stirring constantly, until cabbage is crisp-tender.
- Warm tortillas as directed on package.
- Place 1 cup chicken mixture on each tortilla; roll tortilla around filling.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:85.06, Glycemic Load:13.41, Inflammation Score:-10, Nutrition Score:24.315217412036%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.05mg, Hesperetin: 0.05mg,

Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,
Naringenin: 0.04mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg,
Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol:
0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.05mg,
Galocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 390.55kcal (19.53%), Fat: 10.59g (16.3%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 52.87g (17.62%),
Net Carbohydrates: 46.88g (17.05%), Sugar: 17.4g (19.34%), Cholesterol: 36.97mg (12.32%), Sodium: 902.65mg
(39.25%), Alcohol: 1.16g (100%), Alcohol %: 0.49% (100%), Protein: 19.34g (38.68%), Vitamin A: 6067.2IU (121.34%),
Vitamin K: 54.36µg (51.77%), Vitamin B3: 9.48mg (47.38%), Selenium: 32.08µg (45.83%), Vitamin B6: 0.64mg
(32.16%), Phosphorus: 292.37mg (29.24%), Vitamin C: 24.01mg (29.1%), Folate: 113.32µg (28.33%), Manganese:
0.54mg (27.21%), Vitamin B1: 0.4mg (26.89%), Fiber: 5.99g (23.96%), Vitamin B2: 0.32mg (18.89%), Potassium:
636.42mg (18.18%), Iron: 3mg (16.66%), Magnesium: 57.85mg (14.46%), Calcium: 128.87mg (12.89%), Vitamin B5:
1.19mg (11.86%), Copper: 0.19mg (9.5%), Zinc: 1.01mg (6.71%), Vitamin E: 0.89mg (5.96%), Vitamin B12: 0.11µg (1.89%)