



Mou Shu Chicken Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons wine dry white
- 1 cup carrots shredded
- 0.5 lb chicken breast uncooked for stir-fry
- 8 6-inch flour tortilla (es in diameter)
- 2 tablespoons ginger grated
- 0.3 cup hoisin sauce
- 0.3 cup jam
- 1 cup plums sliced

- 3 cups savoy cabbage shredded
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar white

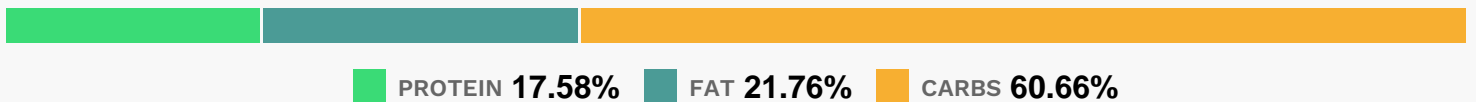
Equipment

- 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:89.15, Glycemic Load:21.23, Inflammation Score:-10, Nutrition Score:24.719130412392%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, 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: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 450.65kcal (22.53%), Fat: 10.73g (16.51%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 67.27g (22.42%), Net Carbohydrates: 61.12g (22.23%), Sugar: 26.76g (29.73%), Cholesterol: 36.97mg (12.32%), Sodium: 923.31mg (40.14%), Alcohol: 1.16g (100%), Alcohol %: 0.47% (100%), Protein: 19.5g (39%), Vitamin A: 6031.62IU (120.63%), Vitamin K: 53.83µg (51.27%), Vitamin B3: 9.52mg (47.62%), Selenium: 32.93µg (47.04%), Vitamin B6: 0.65mg (32.28%), Vitamin C: 24.9mg (30.18%), Phosphorus: 298.64mg (29.86%), Folate: 116.92µg (29.23%), Manganese: 0.56mg (27.84%), Vitamin B1: 0.41mg (27.55%), Fiber: 6.15g (24.59%), Vitamin B2: 0.34mg (19.99%), Potassium: 638.94mg (18.26%), Iron: 3.15mg (17.52%), Magnesium: 58.39mg (14.6%), Calcium: 135.25mg (13.53%), Vitamin B5: 1.18mg (11.8%), Copper: 0.21mg (10.37%), Zinc: 1.02mg (6.79%), Vitamin E: 0.89mg (5.95%), Vitamin B12: 0.11µg (1.89%)