



My Thai Chicken Wraps

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black to taste
- ☐ 12 ounce coleslaw mix with carrots
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup hoisin sauce
- ☐ 1 head lettuce green dry separated rinsed
- ☐ 1 cup satay sauce thai-style

- ☐ 1 large rotisserie chicken cut
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar white
- ☐ 2 tablespoons vinegar white

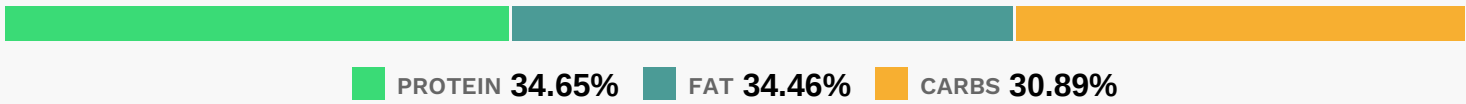
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add chicken, garlic, ginger, coleslaw mix, basil, sugar, and pepper.
- ☐ Pour in hoisin sauce, soy sauce, and vinegar. Bring to a simmer, and cook and stir until the chicken is hot, and the liquid has been absorbed, about 10 minutes.
- ☐ To serve, line a platter with lettuce leaves, and pour the chicken mixture into the center of the platter. Each diner assembles their own wraps by placing some of the chicken mixture onto a lettuce leaf, adding a little peanut sauce, then rolling into a cylinder.

Nutrition Facts



Properties

Glycemic Index:54.35, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:14.849999966829%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 387.37kcal (19.37%), Fat: 14.7g (22.62%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 26.66g (9.69%), Sugar: 19.7g (21.89%), Cholesterol: 96.69mg (32.23%), Sodium: 1842.47mg (80.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Vitamin K: 120.38µg (114.64%), Vitamin A: 4518.19IU (90.36%), Vitamin C: 26.9mg (32.6%), Manganese: 0.39mg (19.59%), Folate: 54.6µg (13.65%),

Fiber: 3g (11.99%), Vitamin B6: 0.18mg (8.85%), Vitamin B2: 0.14mg (8.13%), Potassium: 273.24mg (7.81%), Iron: 1.3mg (7.21%), Magnesium: 25.24mg (6.31%), Vitamin B1: 0.09mg (5.76%), Calcium: 57.54mg (5.75%), Phosphorus: 56.41mg (5.64%), Vitamin B3: 1.03mg (5.15%), Copper: 0.08mg (4.02%), Vitamin B5: 0.26mg (2.65%), Zinc: 0.35mg (2.33%), Vitamin E: 0.29mg (1.93%), Selenium: 1.27µg (1.82%)