

food
network



HEALTH SCORE

56%

Online Round 2 - Spicy and Sweet Chicken Wraps

READY IN



10 min.

SERVINGS



4

CALORIES



1834 kcal

Ingredients

- ☐ 1 head boston lettuce
- ☐ 1 carrots shredded
- ☐ 2 tablespoons reserved chicken satay marinade
- ☐ 4 reserved chicken satay skewers chopped
- ☐ 1 cup reserved couscous with grilled vegetables
- ☐ 2 tablespoons reserved yogurt sauce sweet

Equipment

- ☐ bowl

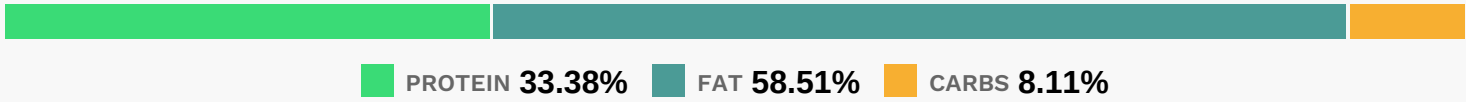
☐

whisk

Directions

- ☐ Lay the lettuce leaves out on a clean flat work surface. Evenly divide the chopped chicken, shredded carrot and leftover couscous between the leaves.
- ☐ In a small bowl, whisk together the reserved satay marinade and sweet yogurt sauce.
- ☐ Drizzle the sauce over the chicken, wrap them up, and eat!

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:20.93, Inflammation Score:-10, Nutrition Score:48.692173957825%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 1833.95kcal (91.7%), Fat: 116.56g (179.33%), Saturated Fat: 33.43g (208.92%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 33.29g (12.1%), Sugar: 1.57g (1.75%), Cholesterol: 578.16mg (192.72%), Sodium: 559.89mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 149.62g (299.24%), Vitamin B3: 54.12mg (270.61%), Selenium: 111.24µg (158.91%), Vitamin B6: 2.8mg (139.86%), Phosphorus: 1232.47mg (123.25%), Vitamin A: 4984.02IU (99.68%), Vitamin B5: 7.68mg (76.79%), Zinc: 10.61mg (70.75%), Vitamin B2: 1mg (59.12%), Vitamin K: 55.26µg (52.63%), Potassium: 1686.78mg (48.19%), Magnesium: 181.19mg (45.3%), Iron: 7.95mg (44.14%), Vitamin B12: 2.42µg (40.36%), Vitamin B1: 0.57mg (37.88%), Manganese: 0.58mg (28.93%), Copper: 0.49mg (24.52%), Folate: 88.14µg (22.04%), Vitamin C: 14.76mg (17.9%), Vitamin E: 2.49mg (16.58%), Calcium: 126.38mg (12.64%), Fiber: 3.04g (12.15%), Vitamin D: 1.55µg (10.32%)