



Oriental Chicken Wraps

 Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli slaw
- ☐ 9 ounce meat from a rotisserie chicken diced frozen cooked
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 cup chicken broth fat-free reduced-sodium
- ☐ 4 6-inch flour tortillas ()
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 teaspoon garlic-pepper seasoning
- ☐ 1 tablespoon soya sauce low-sodium

☐ 1 teaspoon vegetable oil

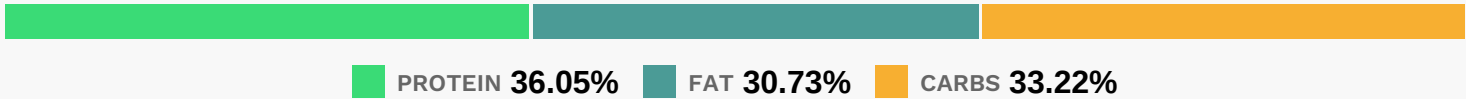
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add broccoli slaw and mushrooms; cook 3 to 4 minutes or until crisp-tender, stirring occasionally.
- ☐ Add chicken, broth, and garlic-pepper to skillet; stir. Cover and cook over medium heat 3 minutes or until thoroughly heated.
- ☐ Combine soy sauce and cornstarch, stirring until smooth.
- ☐ Add to skillet; cook, stirring constantly, 1 minute or until slightly thickened. Spoon one-fourth chicken mixture down center of each tortilla.
- ☐ Roll up tortillas; serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.89, Inflammation Score:-6, Nutrition Score:15.644782587238%

Nutrients (% of daily need)

Calories: 235.89kcal (11.79%), Fat: 8.08g (12.44%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.27g (6.64%), Sugar: 1.64g (1.82%), Cholesterol: 47.84mg (15.95%), Sodium: 506.58mg (22.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.66%), Vitamin C: 53.16mg (64.44%), Vitamin B3: 7.73mg (38.67%), Selenium: 26.78µg (38.25%), Phosphorus: 251.41mg (25.14%), Vitamin B2: 0.36mg (20.95%), Vitamin B6: 0.4mg (20.19%), Folate: 77.58µg (19.39%), Manganese: 0.35mg (17.55%), Vitamin B1: 0.25mg (16.65%), Iron: 2.59mg (14.37%), Vitamin B5: 1.37mg (13.7%), Potassium: 466.62mg (13.33%), Zinc: 1.52mg (10.12%), Magnesium: 39.68mg (9.92%), Copper: 0.18mg (8.93%), Calcium: 82.37mg (8.24%), Fiber: 1.39g (5.55%), Vitamin A: 253.52IU (5.07%), Vitamin K: 4.64µg (4.42%), Vitamin B12: 0.23µg (3.87%)