



Peking-Style Chicken Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon ground pepper
- 8 7-inch flour tortilla ()
- 1 tablespoon ginger fresh minced peeled
- 2 garlic clove minced
- 0.3 cup hoisin sauce
- 2 tablespoons honey
- 1 large plums pitted quartered cut into 1/4-inch pieces (1 cup)
- 1 teaspoon rice vinegar

- 3 spring onion trimmed cut lengthwise into 2-inch-long slivers
- 1.5 lb chicken thighs boneless skinless (6)
- 2 tablespoons soya sauce

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- broiler
- cutting board
- broiler pan

Directions

- Preheat broiler and lightly oil rack of a broiler pan.
- Stack tortillas and wrap in foil. Stir together hoisin, soy, honey, ginger, vinegar, garlic, and cayenne in a 1- to 1 1/2-quart saucepan.
- Toss chicken with 3 tablespoons sauce in a large bowl to coat, then broil 2 to 3 inches from heat, without turning, rotating pan halfway through broiling, until cooked through and deep golden, about 10 minutes.
- Transfer to a cutting board and let stand, uncovered, 5 minutes.
- While chicken is broiling, put tortillas on bottom rack of oven to warm.
- Boil sauce until slightly thickened, about 2 minutes, then add plum and simmer, stirring, 2 minutes.
- Cut chicken crosswise into 1/4-inch-thick slices.
- To eat, wrap up chicken, plum sauce, and scallions in tortillas.

Nutrition Facts



■ PROTEIN 29.84% ■ FAT 23.87% ■ CARBS 46.29%

Properties

Glycemic Index:74.73, Glycemic Load:19.9, Inflammation Score:-6, Nutrition Score:26.488695507464%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 573.6kcal (28.68%), Fat: 15.03g (23.12%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 65.57g (21.86%), Net Carbohydrates: 61.22g (22.26%), Sugar: 18.78g (20.86%), Cholesterol: 162.11mg (54.04%), Sodium: 1612.07mg (70.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.27g (84.53%), Selenium: 59.71µg (85.31%), Vitamin B3: 14.28mg (71.4%), Phosphorus: 535.35mg (53.53%), Vitamin B6: 0.88mg (43.78%), Vitamin B1: 0.64mg (42.34%), Vitamin B2: 0.63mg (37.05%), Manganese: 0.63mg (31.63%), Vitamin K: 31.41µg (29.91%), Iron: 5.33mg (29.64%), Folate: 105.96µg (26.49%), Vitamin B5: 2.29mg (22.86%), Zinc: 3.27mg (21.78%), Potassium: 642.04mg (18.34%), Vitamin B12: 1.09µg (18.14%), Magnesium: 71.49mg (17.87%), Fiber: 4.34g (17.37%), Calcium: 168.19mg (16.82%), Copper: 0.25mg (12.72%), Vitamin C: 3.98mg (4.83%), Vitamin A: 214.65IU (4.29%), Vitamin E: 0.47mg (3.14%)