



Sassy Wonton Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbecue sauce
- ☐ 1 cup chicken breast shredded skinless cooked
- ☐ 0.8 cup coleslaw mix
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons sesame-ginger dressing low-fat
- ☐ 8 wonton wrappers

Equipment

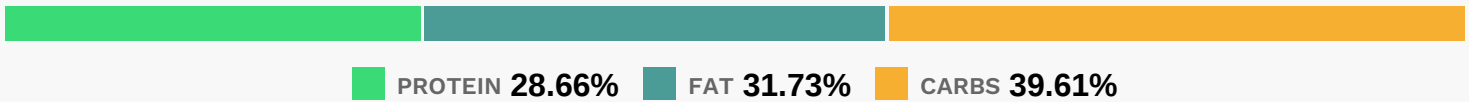
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Spray inside and outside walls of a deep square pan with nonstick cooking spray. Drape wonton wrappers over the pan's walls on a diagonal, making triangle-shaped "shells."
- ☐ Bake until crispy (3–4 minutes).
- ☐ Remove pan from oven; cool.
- ☐ Combine chicken with barbecue sauce in a bowl. In a microwave–safe bowl, combine coleslaw mix, sesame ginger dressing, and cilantro. Microwave until softened (45 seconds); set aside. Carefully remove wonton shells from pan; fill each with 1 tablespoon of barbecue chicken and 1 teaspoon of cilantro slaw. On a baking sheet coated with nonstick cooking spray, lay filled wontons on sides. Spray tops of wonton shells lightly with nonstick cooking spray; bake until warm and crunchy (5 minutes).

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.38, Inflammation Score:–4, Nutrition Score:13.532608695652%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 280.43kcal (14.02%), Fat: 9.76g (15.02%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 25.9g (9.42%), Sugar: 7.98g (8.87%), Cholesterol: 50.7mg (16.9%), Sodium: 603.76mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.69%), Vitamin B3: 9.62mg (48.1%), Selenium: 33.03µg (47.18%), Vitamin B6: 0.62mg (30.85%), Vitamin K: 30.61µg (29.16%), Phosphorus: 198.24mg (19.82%),

Vitamin B1: 0.22mg (14.93%), Manganese: 0.27mg (13.42%), Vitamin C: 10.72mg (12.99%), Vitamin B2: 0.21mg (12.31%), Potassium: 414.53mg (11.84%), Vitamin B5: 1.16mg (11.63%), Folate: 40.69µg (10.17%), Iron: 1.62mg (9.02%), Magnesium: 31.03mg (7.76%), Vitamin E: 1.13mg (7.55%), Fiber: 1.52g (6.1%), Zinc: 0.74mg (4.95%), Copper: 0.08mg (4.14%), Calcium: 37.43mg (3.74%), Vitamin B12: 0.16µg (2.6%), Vitamin A: 124.38IU (2.49%)