



Satay Chicken Salad Wraps

 Dairy Free

READY IN



98 min.

SERVINGS



6

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup julienne bell pepper red
- ☐ 0.5 cup julienne bok choy
- ☐ 0.3 cup carrots shredded
- ☐ 1 teaspoon cilantro leave finely chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon garlic minced

- ☐ 2 tablespoons garlic roughly chopped
- ☐ 1 tablespoon ginger minced
- ☐ 3 tablespoons ginger peeled roughly chopped
- ☐ 2 teaspoons green onions finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup mung bean sprouts
- ☐ 6 naan wraps
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup julienne onion red
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon chili flakes red
- ☐ 3 tablespoons rice wine vinegar
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch strips
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons onion yellow roughly chopped

Equipment

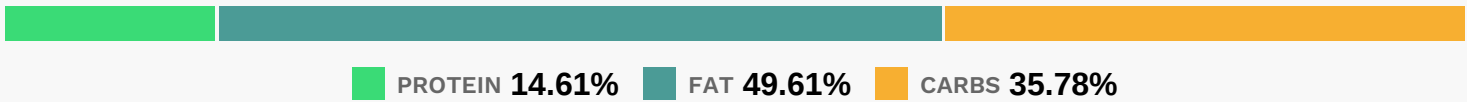
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.

- ☐ Put the chicken into a resealable gallon-size plastic bag and pound with the flat side of a meat tenderizer to a thickness of 1/2-inch.
- ☐ Add the rest of the ingredients, except the peanut oil, to a food processor, fitted with the bottom blade or a blender, and pulse 5 to 6 times for 2 seconds each or until well blended. Using a new resealable gallon-size plastic bag, add the chicken and the marinade, mix well and refrigerate for 1 hour.
- ☐ While the chicken is marinating, prepare the Asian Mayonnaise.
- ☐ Remove the chicken from the marinade and wipe off the excess with a paper towel.
- ☐ Heat a large saute pan over high heat and add 3 tablespoons peanut oil. When the oil is hot, add the chicken, stirring frequently for 3 to 4 minutes. Once cooked through, remove the chicken to a plate and keep warm. To the same pan add the red onions, carrots, red bell peppers, and bok choy and saute for 2 minutes longer.
- ☐ Add in the mung bean sprouts, ginger and garlic and saute for 1 minute.
- ☐ Remove from the heat.
- ☐ Spread all of the naan with the Asian Mayonnaise and top with the chicken satay saute.
- ☐ Roll and serve immediately.
- ☐ In a small, nonreactive bowl, combine all the ingredients. Cover and refrigerate for 30 minutes, stirring after 15 minutes.

Nutrition Facts



Properties

Glycemic Index:74.31, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:15.84652175074%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 760.41kcal (38.02%), Fat: 41.45g (63.77%), Saturated Fat: 7.36g (45.98%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 63.61g (23.13%), Sugar: 7.4g (8.22%), Cholesterol: 89.58mg (29.86%), Sodium: 1472.74mg (64.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.95%), Vitamin K: 45.52µg (43.35%), Vitamin A: 1631.8IU (32.64%), Vitamin C: 24.17mg (29.29%), Vitamin B3: 5.53mg (27.66%), Selenium: 18.88µg (26.97%), Vitamin B6: 0.53mg (26.49%), Vitamin E: 3.34mg (22.29%), Phosphorus: 196.96mg (19.7%), Fiber: 3.63g (14.54%), Manganese: 0.28mg (13.87%), Vitamin B2: 0.2mg (11.88%), Vitamin B5: 1.18mg (11.83%), Calcium: 116.28mg (11.63%), Magnesium: 44.88mg (11.22%), Potassium: 387.18mg (11.06%), Zinc: 1.55mg (10.33%), Folate: 35.14µg (8.78%), Vitamin B12: 0.52µg (8.68%), Vitamin B1: 0.12mg (8.22%), Iron: 1.27mg (7.08%), Copper: 0.13mg (6.71%)