



Sesame-Ginger Chicken Wraps with Peanut Sauce

 Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 2 cups cucumber thinly sliced 1 large
- ☐ 1 teaspoon ground ginger
- ☐ 2 cups napa cabbage shredded chinese
- ☐ 4 satay sauce
- ☐ 4 servings satay sauce
- ☐ 7.6 ounce multigrain sandwich wraps peanut sauce such as Flatout

- ☐ 0.5 cup rice wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sesame seed
- ☐ 12 ounce chicken breast halves boneless skinless cut in half horizontally

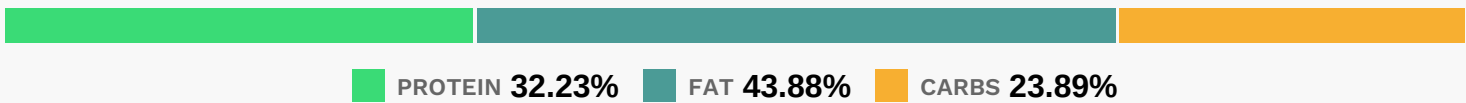
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine cucumber slices and vinegar in a medium bowl; let stand, stirring often.
- ☐ . While cucumber stands, brush chicken with oil; sprinkle evenly with ginger, salt, and sesame seeds, pressing to adhere.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 3 minutes on each side or until done.
- ☐ Remove from heat; keep warm.
- ☐ Place 1/2 cup cabbage and 1/2 cup cucumber slices on each wrap.
- ☐ Cut chicken into strips, and toss with Peanut Sauce. Arrange chicken over cucumber.
- ☐ Roll up; secure with wooden picks, if necessary.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:13.964782738167%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 301.17kcal (15.06%), Fat: 13.78g (21.2%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.53g (5.65%), Sugar: 11.35g (12.61%), Cholesterol: 54.43mg (18.14%), Sodium: 1038.52mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.53%), Vitamin B3: 9.23mg (46.15%), Selenium: 28.98µg (41.4%), Vitamin B6: 0.79mg (39.3%), Phosphorus: 224.57mg (22.46%), Vitamin K: 22.69µg (21.61%), Manganese: 0.39mg (19.59%), Vitamin C: 13.41mg (16.26%), Potassium: 516.87mg (14.77%), Vitamin B5: 1.42mg (14.15%), Magnesium: 46.96mg (11.74%), Folate: 45.71µg (11.43%), Copper: 0.21mg (10.54%), Vitamin B1: 0.11mg (7.61%), Vitamin B2: 0.13mg (7.58%), Calcium: 74.64mg (7.46%), Zinc: 0.95mg (6.32%), Iron: 1.13mg (6.25%), Fiber: 1.35g (5.38%), Vitamin E: 0.58mg (3.9%), Vitamin A: 194.65IU (3.89%), Vitamin B12: 0.17µg (2.83%)