

Simple Sweet and Spicy Chicken Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach leaves
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cucumber seedless finely chopped
- ☐ 8 10-inch flour tortillas
- ☐ 8 servings ground pepper black to taste
- ☐ 1 tablespoon honey
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 1 cup chunky salsa thick
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into thin strips

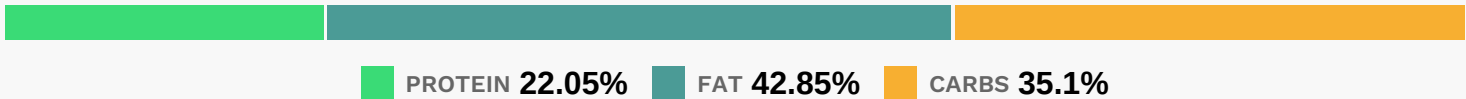
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Mix together the mayonnaise, cucumber, 1 tablespoon of honey, 1/2 teaspoon of cayenne pepper, and black pepper in a bowl until smooth. Cover and refrigerate until needed.
- ☐ Heat the olive oil in a skillet on medium-high heat, and cook and stir the chicken breast strips until they are beginning to turn golden and are no longer pink in the middle, about 8 minutes. Stir in the salsa, 1 tablespoon of honey, and 1/2 teaspoon of cayenne pepper. Reduce the heat to medium-low and simmer, stirring occasionally, until the flavors have blended, about 5 minutes.
- ☐ Stack the tortillas, 4 at a time, in a microwave oven and heat until warm and pliable, 20 to 30 seconds per batch.
- ☐ Spread each tortilla with 1 tablespoon of the mayonnaise-cucumber mixture, top with a layer of baby spinach leaves, and arrange about 1/2 cup of chicken mixture on the spinach leaves.
- ☐ Fold the bottom of each tortilla up about 2 inches, and start rolling the burrito from the right side. When the burrito is half-rolled, fold the top of the tortilla down, enclosing the filling, and continue rolling to make a tight, compact cylinder.

Nutrition Facts



Properties

Glycemic Index:29.03, Glycemic Load:12.28, Inflammation Score:-10, Nutrition Score:28.322174041168%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 463.99kcal (23.2%), Fat: 22g (33.84%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 36.66g (13.33%), Sugar: 6.29g (6.99%), Cholesterol: 60.31mg (20.1%), Sodium: 944.25mg (41.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin K: 203.46µg (193.77%), Vitamin A: 3569.51IU (71.39%), Vitamin B3: 12.6mg (63.02%), Selenium: 43.84µg (62.63%), Vitamin B6: 0.81mg (40.55%), Manganese: 0.73mg (36.7%), Phosphorus: 354.92mg (35.49%), Folate: 140.38µg (35.09%), Vitamin B1: 0.45mg (29.89%), Iron: 4.04mg (22.45%), Vitamin B2: 0.37mg (21.52%), Potassium: 696.59mg (19.9%), Magnesium: 71.36mg (17.84%), Fiber: 3.9g (15.58%), Calcium: 153.1mg (15.31%), Vitamin E: 2.28mg (15.2%), Vitamin B5: 1.45mg (14.51%), Vitamin C: 11.8mg (14.3%), Copper: 0.17mg (8.48%), Zinc: 1.15mg (7.7%), Vitamin B12: 0.19µg (3.11%)