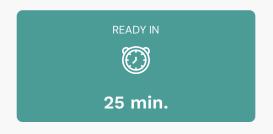
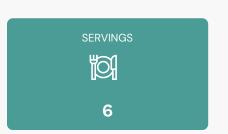
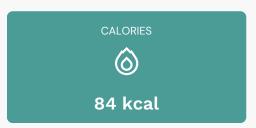


Skinny Peanut and Broccoli Slaw Wraps

airy Free







SIDE DISH

Ingredients

10 ounces chicken breast boneless skinless
O.3 teaspoon garlic powder
O.1 teaspoon pepper black
1 stick pam original flavor shopping list
2 cups broccoli slaw shredded (broccoli slaw mix)
0.5 cup edamame frozen shelled thawed cascadian farm® (edamame)
O.3 teaspoon ground ginger

3 10-inch flour whole wheat warmed

	1 Satay Sauce Homemade (Delow)	
Equipment		
	frying pan	
	sauce pan	
	oven	
	whisk	
	aluminum foil	
Directions		
	Sprinkle chicken strips with garlic powder and pepper. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat skillet over medium-high heat.	
	Add seasoned chicken; cook and stir for 2 to 3 minutes or until chicken is no longer pink.	
	Remove chicken from skillet; keep warm.	
	Add broccoli, edamame, and ginger to skillet. Cook and stir for 2 to 3 minutes or until vegetables are crisp-tender.	
	Spread tortillas with Homemade Peanut Sauce. Top with chicken strips and vegetable mixture.	
	Roll up tortillas.	
	Cut each wrap in half.	
	Serve immediately.	
	Homemade Peanut Sauce: In a small saucepan, combine 2 tablespoons creamy peanut butter 1 tablespoon water; 1 tablespoon reduced-sodium soy sauce; 1 clove garlic, minced; and 1/4 teaspoon ground ginger.	
	Heat over very low heat until melted and smooth, whisking constantly.	
	*Note: To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil.	
	Heat in the oven about 10 minutes or until heated through.	

Nutrition Facts

Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:8.5347827148178%

Nutrients (% of daily need)

Calories: 83.67kcal (4.18%), Fat: 1.94g (2.99%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.37g (0.41%), Cholesterol: 30.24mg (10.08%), Sodium: 67.55mg (2.94%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.43g (24.86%), Vitamin C: 35.67mg (43.24%), Vitamin B3: 5.2mg (26.01%), Selenium: 16.64µg (23.77%), Vitamin B6: 0.42mg (20.93%), Phosphorus: 126.59mg (12.66%), Potassium: 357.87mg (10.22%), Vitamin B5: 0.88mg (8.8%), Manganese: 0.15mg (7.4%), Folate: 28.93µg (7.23%), Magnesium: 22.73mg (5.68%), Vitamin B2: 0.09mg (5.49%), Iron: 0.88mg (4.92%), Vitamin B1: 0.06mg (3.86%), Vitamin A: 165.14IU (3.3%), Calcium: 31.16mg (3.12%), Zinc: 0.44mg (2.97%), Fiber: 0.59g (2.35%), Copper: 0.03mg (1.67%), Vitamin B12: 0.09µg (1.57%)