



Skinny Peanut and Broccoli Slaw Wraps

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups broccoli slaw shredded (broccoli slaw mix)
- ☐ 10 ounces chicken breast boneless skinless
- ☐ 3 10-inch flour whole wheat warmed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 satay sauce homemade (below)
- ☐ 0.5 cup edamame frozen shelled thawed cascadian farm® (edamame)

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 350F. 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: 82.35kcal (4.12%), Fat: 1.81g (2.78%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.37g (0.41%), Cholesterol: 30.24mg (10.08%), Sodium: 67.45mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (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%)