



Slow-Cooker Teriyaki-Sesame-Chicken Wraps

 Dairy Free

READY IN



465 min.

SERVINGS



12

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bell pepper cut into bite-size strips
- 0.8 cup carrots shredded
- 0.8 cup chow mein noodles
- 12 10-inch flour tortilla ()
- 4 cloves garlic finely chopped
- 1 tablespoon ginger finely chopped
- 0.5 cup spring onion sliced (8 medium)
- 0.5 cup hoisin sauce

- 1 teaspoon sesame oil toasted
- 1 tablespoon sesame seed
- 3 lb chicken thighs boneless skinless
- 0.5 cup teriyaki sauce

Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- Spray 4- to 5-quart slow cooker with cooking spray.
- Place chicken in cooker. In small bowl, mix teriyaki sauce, gingerroot and garlic; pour over chicken.
- Cover; cook on Low heat setting 7 to 8 hours.
- Stir chicken mixture to break apart large pieces of chicken. Stir in sesame seed and sesame oil. Increase heat setting to High. Cover; cook about 15 minutes or until thoroughly heated.
- Spread 2 teaspoons hoisin sauce on each tortilla. Using slotted spoon, spread about 1/3 cup chicken mixture down center of each tortilla. Top chicken mixture with 1 tablespoon shredded carrot, a few bell pepper strips, 2 teaspoons green onions and 1 tablespoon noodles.
- Roll up tortilla; cut diagonally in half.

Nutrition Facts



PROTEIN 28.01% **FAT 23.49%** **CARBS 48.5%**

Properties

Glycemic Index:18.74, Glycemic Load:11.5, Inflammation Score:-8, Nutrition Score:21.355217384255%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 453.76kcal (22.69%), Fat: 11.64g (17.91%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 49.84g (18.12%), Sugar: 8.6g (9.55%), Cholesterol: 108.07mg (36.02%), Sodium: 1360.67mg (59.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.23g (62.45%), Selenium: 41.99µg (59.99%), Vitamin B3: 9.95mg (49.76%), Phosphorus: 391.93mg (39.19%), Vitamin A: 1716.57IU (34.33%), Vitamin B1: 0.48mg (31.9%), Vitamin B6: 0.63mg (31.3%), Vitamin B2: 0.45mg (26.51%), Iron: 4.49mg (24.94%), Manganese: 0.46mg (22.84%), Folate: 83.42µg (20.86%), Vitamin K: 18.62µg (17.73%), Vitamin C: 14.34mg (17.38%), Fiber: 4.23g (16.91%), Vitamin B5: 1.57mg (15.71%), Zinc: 2.27mg (15.13%), Magnesium: 57.38mg (14.34%), Potassium: 473.54mg (13.53%), Calcium: 133.81mg (13.38%), Vitamin B12: 0.73µg (12.1%), Copper: 0.2mg (10.16%), Vitamin E: 0.48mg (3.18%)