



Sweet and Sour Chicken Wraps

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 box cooking fat sweet sour
- 2 cups water for rice
- 1 lb chicken breast boneless skinless
- 2 tablespoons vegetable oil
- 1.3 cups water hot (for sauce)
- 6 12-inch tortillas whole wheat (10 to)
- 3 cups baby spinach fresh
- 1 cup edamame frozen organic shelled cooked cascadian farm® (10-oz size)

- 0.5 medium bell pepper red cut into thin bite-size strips

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- toothpicks
- aluminum foil

Directions

- Pour rice (from Chicken Helper box) into 2-quart saucepan.
- Add 2 cups water.
- Heat just to boiling. Reduce heat; cover and simmer about 20 minutes, without stirring, until rice is tender and liquid is absorbed.
- Meanwhile, cut chicken into 1-inch pieces; pat dry if necessary.
- Place chicken in medium bowl.
- Add seasoned coating (from Chicken Helper box); toss to coat.
- In 10-inch nonstick skillet, heat oil over medium-high heat; rotate skillet until oil covers bottom. Carefully add chicken; cook about 6 minutes, stirring occasionally, until deep golden brown on all sides.
- Carefully pour 1 1/4 cups hot water into skillet with chicken; stir in sauce mix (from Chicken Helper box).
- Heat to boiling; reduce heat. Simmer uncovered about 3 minutes, stirring occasionally, until sauce thickens and chicken is no longer pink in center.
- To assemble wraps, spread about 1/2 cup cooked rice down center of each wrap. Top with spinach, chicken mixture, edamame and bell pepper strips. Fold in sides of wraps; roll up. Secure with toothpick or wrap in plastic wrap or foil to hold together.

Nutrition Facts



■ PROTEIN 23.54% ■ FAT 27.66% ■ CARBS 48.8%

Properties

Glycemic Index:10.67, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:18.243043839931%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 493.25kcal (24.66%), Fat: 15.16g (23.33%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 60.2g (20.07%), Net Carbohydrates: 51.07g (18.57%), Sugar: 6.21g (6.9%), Cholesterol: 48.52mg (16.17%), Sodium: 815.43mg (35.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.07%), Vitamin K: 81.42µg (77.55%), Vitamin B3: 8.09mg (40.45%), Fiber: 9.13g (36.52%), Vitamin A: 1739.72IU (34.79%), Selenium: 24.35µg (34.79%), Vitamin B6: 0.62mg (31.22%), Calcium: 246.16mg (24.62%), Iron: 4.13mg (22.95%), Vitamin C: 17.82mg (21.59%), Phosphorus: 168.69mg (16.87%), Potassium: 495.67mg (14.16%), Vitamin B5: 1.12mg (11.18%), Folate: 36.69µg (9.17%), Magnesium: 33.98mg (8.49%), Manganese: 0.16mg (7.85%), Vitamin B2: 0.11mg (6.61%), Vitamin E: 0.98mg (6.53%), Vitamin B1: 0.07mg (4.36%), Zinc: 0.56mg (3.7%), Copper: 0.06mg (3.11%), Vitamin B12: 0.15µg (2.52%)