



Sweet and Spicy Chicken Wraps

READY IN



30 min.

SERVINGS



8

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup cucumber seeded finely chopped
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken breast boneless skinless cut into 1/4-inch-thick strips
- ☐ 0.7 cup mild cheddar cheese thick
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 8 10-inch flour tortilla ()
- ☐ 4 oz baby spinach fresh loosely packed

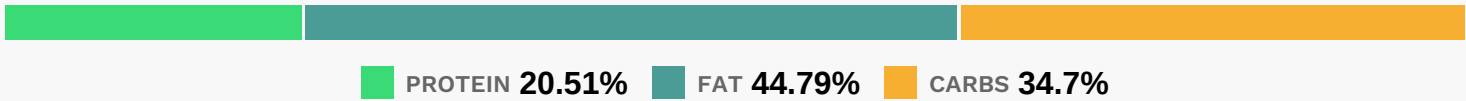
Equipment

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

Directions

- ☐ In bowl, mix mayonnaise, cucumber and 1 tablespoon of the honey. Cover; refrigerate until needed.
- ☐ In 10-inch skillet, heat oil over medium-high heat until hot.
- ☐ Add chicken; cook, stirring frequently, 6 to 8 minutes or until chicken is no longer pink in center. Stir in salsa remaining 1 tablespoon honey and the cayenne. Reduce heat to medium-low; simmer, stirring occasionally, 5 minutes or until flavors are blended.
- ☐ Stack 4 of the tortillas in microwave oven. Microwave on High, 20 to 30 seconds or until warm and pliable. Repeat with remaining 4 tortillas.
- ☐ Spread each tortilla with 1 tablespoon of the mayonnaise mixture; layer with 1/2 cup loosely packed spinach leaves and 1/3 cup of the chicken mixture.
- ☐ Roll up tortilla; cut diagonally in half.

Nutrition Facts



Properties

Glycemic Index:30.28, Glycemic Load:13.37, Inflammation Score:-8, Nutrition Score:22.597826232081%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 463.76kcal (23.19%), Fat: 22.89g (35.21%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 37.06g (13.47%), Sugar: 7.15g (7.94%), Cholesterol: 60.66mg (20.22%), Sodium: 759.43mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.15%), Vitamin K: 100.22µg (95.45%), Selenium: 41.48µg (59.25%), Vitamin B3: 10.61mg (53.06%), Phosphorus: 347.5mg (34.75%), Vitamin B6: 0.61mg (30.69%), Vitamin A: 1508.89IU (30.18%), Vitamin B1: 0.41mg (27.62%), Folate: 99.63µg (24.91%), Manganese: 0.5mg (24.76%), Vitamin B2: 0.34mg (20.2%), Calcium: 188.55mg (18.86%), Iron: 3.27mg (18.18%), Potassium: 449.78mg (12.85%), Magnesium: 48.5mg (12.13%), Vitamin B5: 1.21mg (12.1%), Fiber: 2.84g (11.34%), Zinc: 1.25mg (8.3%), Vitamin E: 1.13mg (7.53%), Vitamin C: 5.09mg (6.17%), Copper: 0.12mg (6.07%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.16µg (1.04%)