



Teriyaki Chicken Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons crunchy peanut butter
- 2 tablespoons teriyaki sauce (from 12-oz bottle)
- 1 tablespoon brown sugar packed
- 1 tablespoon water hot
- 1 teaspoon canola oil
- 11 oz flour tortilla for burritos (8 count)
- 8 oz chicken breast strips/pre-cooked/chopped cooked
- 1.5 cups lettuce shredded

- 1.5 cups carrots shredded
- 0.5 cup cilantro leaves fresh chopped

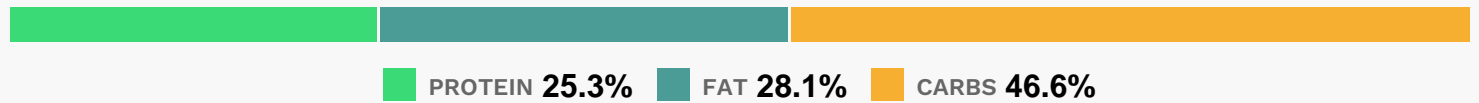
Equipment

- bowl
- whisk

Directions

- In small bowl, beat peanut butter, teriyaki baste and glaze, brown sugar, water and oil with wire whisk until smooth.
- Spread about 1 1/2 tablespoons peanut butter mixture over each tortilla. Top each with 2 slices chicken, about 1/3 cup lettuce, about 1/3 cup carrots and 2 tablespoons cilantro.
- Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:13.85, Inflammation Score:-10, Nutrition Score:23.592608985694%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 431.4kcal (21.57%), Fat: 13.41g (20.64%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 44.96g (16.35%), Sugar: 10.57g (11.74%), Cholesterol: 48.19mg (16.06%), Sodium: 1037.1mg (45.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.35%), Vitamin A: 8301.29IU (166.03%), Vitamin B3: 12.96mg (64.8%), Selenium: 33.92µg (48.45%), Phosphorus: 352.53mg (35.25%), Manganese: 0.65mg (32.58%), Vitamin B1: 0.49mg (32.47%), Vitamin B6: 0.51mg (25.52%), Folate: 101.85µg (25.46%), Vitamin K: 25.58µg (24.36%), Iron: 4.04mg (22.42%), Fiber: 5.1g (20.41%), Vitamin B2: 0.34mg (19.85%), Calcium: 152.82mg (15.28%), Potassium: 528.53mg (15.1%), Magnesium: 60.36mg (15.09%), Copper: 0.2mg (9.95%), Vitamin B5: 0.95mg (9.53%), Zinc: 1.38mg (9.2%), Vitamin E: 1.25mg (8.32%), Vitamin C: 4.13mg (5%), Vitamin B12: 0.19µg (3.21%)