



Thai Chicken Roll-Ups

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bell pepper red
- ☐ 4 10-inch flour tortilla ()
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 tablespoons juice of lime

- ☐ 4 large cabbage leaves chinese ()
- ☐ 1 tablespoon peanut butter reduced-fat
- ☐ 6 ounces roasted chicken thinly sliced

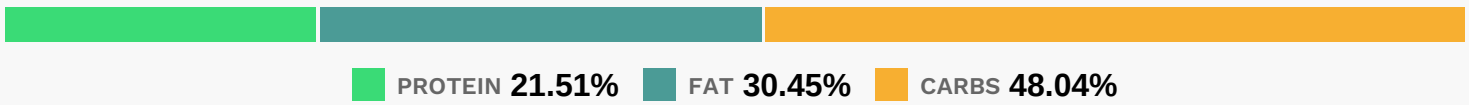
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well with a whisk.
- ☐ Spread each tortilla with 1 tablespoon mayonnaise mixture. Top each tortilla with 2 tablespoons basil, 1 cabbage leaf, one-fourth of chicken, and 1/4 cup bell pepper, and roll up. Wrap in plastic wrap; chill.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:11.67, Inflammation Score:-8, Nutrition Score:20.432173915531%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 341.56kcal (17.08%), Fat: 11.54g (17.76%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 37.05g (13.47%), Sugar: 5.33g (5.93%), Cholesterol: 33.01mg (11%), Sodium: 631.08mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.69%), Vitamin C: 58.31mg (70.68%), Selenium: 27.03µg (38.61%), Vitamin B3: 7.58mg (37.9%), Vitamin K: 35.22µg (33.54%), Manganese: 0.64mg (32.01%), Vitamin A: 1465.82IU (29.32%), Vitamin B1: 0.43mg (28.39%), Folate: 112.77µg (28.19%), Phosphorus: 263.94mg (26.39%), Vitamin B6: 0.42mg (21.07%), Iron: 3.56mg (19.76%), Vitamin B2: 0.31mg (18.42%), Fiber: 3.92g (15.69%), Calcium:

141.39mg (14.14%), Potassium: 384.24mg (10.98%), Magnesium: 42.72mg (10.68%), Zinc: 1.34mg (8.94%), Vitamin E: 1.2mg (7.98%), Copper: 0.16mg (7.76%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.12µg (2.06%)