



Thai Chicken Salad Cones

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 2 tablespoons creamy peanut butter
- 2 tablespoons apple cider vinegar
- 1 tablespoon fish sauce
- 0.1 teaspoon ground pepper red (cayenne)
- 4 10-inch spinach flavor flour wraps (8 to)
- 20 oz chicken light chunk drained canned
- 1.5 cups coleslaw mix (from 16-oz bag)

- 0.5 cup cucumber seeded chopped
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup roasted peanuts coarsely chopped

Equipment

- bowl
- whisk

Directions

- In small bowl, mix all dressing ingredients with wire whisk until smooth.
- Cut each tortilla in half.
- In medium bowl, place chicken, coleslaw mix, cucumber, cilantro and peanuts.
- Add dressing; toss to coat.
- Form tortilla halves into cone shapes. Spoon chicken mixture into each cone.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:11.455652203249%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 273.64kcal (13.68%), Fat: 18.96g (29.16%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.97g (2.54%), Sugar: 5.07g (5.63%), Cholesterol: 51.03mg (17.01%), Sodium: 488.21mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.62%), Vitamin B3: 7.26mg (36.28%), Vitamin K: 28.44µg (27.09%), Manganese: 0.44mg (22%), Vitamin B6: 0.36mg (18.08%), Phosphorus: 174.95mg (17.49%), Selenium: 11.38µg (16.26%), Vitamin C: 11.84mg (14.35%), Magnesium: 56.74mg (14.18%), Folate: 39.71µg (9.93%), Potassium: 345.86mg (9.88%), Vitamin B5: 0.95mg (9.47%), Zinc: 1.38mg (9.18%), Fiber: 2.08g (8.34%), Copper: 0.15mg (7.62%), Vitamin B2: 0.13mg (7.4%), Iron: 1.28mg (7.12%), Vitamin E: 1.05mg (6.97%), Vitamin B1: 0.1mg

(6.94%), Vitamin A: 295.88IU (5.92%), Calcium: 41.88mg (4.19%), Vitamin B12: 0.23µg (3.88%)