



Thai Chicken Wrap with Spicy Peanut Sauce

 Dairy Free

READY IN

ready

27 min.

SERVINGS

servings

4

CALORIES

calories

754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 leaves basil chopped
- ☐ 1 cup carrots shredded
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 18 ounce chicken breasts
- ☐ 0.5 cucumber seedless peeled halved lengthwise thinly sliced
- ☐ 4 12-inch flour tortilla wraps ()
- ☐ 2 cups bean sprouts fresh
- ☐ 1 tablespoon grill seasoning

- ☐ 3 tablespoons mint leaves chopped (4 sprigs)
- ☐ 0.3 cup chunky peanut butter refrigerated room temperature
- ☐ 1 tablespoon white vinegar
- ☐ 2 tablespoons white vinegar
- ☐ 4 servings salt
- ☐ 3 scallions sliced
- ☐ 1 tablespoon sesame seed
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vegetable oil

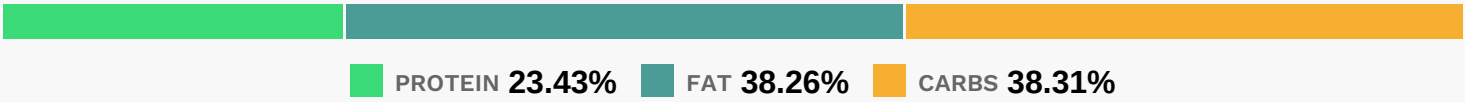
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over high heat. Toss chicken with soy and oil and grill 6 minutes on each side.
- ☐ Combine cucumber, sprouts, carrots, scallions, basil, mint and sesame with a generous sprinkle of sugar and vinegar. Season salad with salt, to taste.
- ☐ Whisk peanut butter, soy sauce, vinegar and cayenne together. Stream in vegetable oil.
- ☐ Slice cooked chicken on an angle. Toss with veggies and herbs.
- ☐ In a very hot nonstick skillet or over a gas burner heat tortillas 15 seconds on each side.
- ☐ Pile chicken and veggies in wraps and drizzle liberally with spicy peanut sauce before wrapping and rolling.

Nutrition Facts



Properties

Glycemic Index:115.98, Glycemic Load:20.94, Inflammation Score:-10, Nutrition Score:42.292608162631%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 753.79kcal (37.69%), Fat: 32.24g (49.59%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 72.63g (24.21%), Net Carbohydrates: 64.8g (23.56%), Sugar: 12.71g (14.12%), Cholesterol: 81.65mg (27.22%), Sodium: 2033.5mg (88.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.42g (88.84%), Vitamin A: 5841.15IU (116.82%), Vitamin B3: 22.02mg (110.1%), Selenium: 68.37µg (97.68%), Vitamin K: 87.81µg (83.63%), Phosphorus: 645.28mg (64.53%), Vitamin B6: 1.27mg (63.55%), Manganese: 1.26mg (63.12%), Vitamin B1: 0.79mg (52.51%), Folate: 183.49µg (45.87%), Iron: 6.92mg (38.43%), Vitamin B2: 0.62mg (36.62%), Magnesium: 125.87mg (31.47%), Fiber: 7.83g (31.33%), Potassium: 1038.73mg (29.68%), Vitamin B5: 2.63mg (26.32%), Calcium: 255.49mg (25.55%), Copper: 0.47mg (23.56%), Vitamin E: 2.94mg (19.58%), Vitamin C: 14.7mg (17.82%), Zinc: 2.46mg (16.38%), Vitamin B12: 0.26µg (4.25%)