



## Thai Chicken Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds chicken thighs bone-in
- ☐ 2 cups cabbage shredded for round 2 pork cabbage wraps recipe reserve 4 outer leaves
- ☐ 2 carrots grated
- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 1 small cucumber julienned
- ☐ 4 large flour tortillas
- ☐ 1 teaspoon garlic chopped
- ☐ 2 tablespoons juice of lime

- ☐ 0.5 cup peanut butter chunky style
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ toothpicks
- ☐ microwave
- ☐ cutting board

## Directions

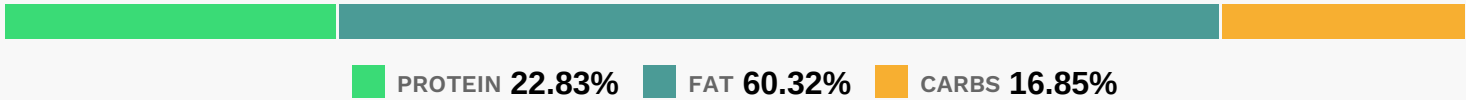
- ☐ In a saucepan over medium heat, bring 2 cups of water and the soy sauce to a boil. Reduce the heat to a simmer and add the chicken thighs. Simmer until cooked through, about 15 minutes.
- ☐ Remove the chicken from pan to a cutting board. When cool enough to handle, shred meat and discard the bones. Reserve 1/4 cup for Round 2 Thai Chicken Spring
- ☐ Rolls recipe.
- ☐ In a small bowl combine the peanut butter, lime juice, sugar, garlic and red pepper flakes.
- ☐ Whisk in about 1/3 cup water and simmer until thick, and a pourable consistency is reached. Reserve 1/4 cup of the dressing for Round 2 Thai Chicken Spring
- ☐ Rolls recipe.
- ☐ Warm the tortillas in microwave wrapped in a slightly damp towel for about 45 seconds to make them more pliable. Assemble the wraps by layering, the chicken, dressing and vegetables. Top with more dressing before rolling up. Secure with toothpicks and slice in half.

Reserve 1 cup of vegetables for Round 2 Thai Chicken Spring

☐

Rolls recipe.

## Nutrition Facts



### Properties

Glycemic Index:83.23, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:32.641304140506%

### 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

### Nutrients (% of daily need)

Calories: 752.49kcal (37.62%), Fat: 51.14g (78.68%), Saturated Fat: 12.8g (80.02%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 27.25g (9.91%), Sugar: 10g (11.11%), Cholesterol: 188.92mg (62.97%), Sodium: 1300.63mg (56.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.55g (87.1%), Vitamin A: 5454.41IU (109.09%), Vitamin B3: 15.55mg (77.77%), Selenium: 44.54µg (63.62%), Phosphorus: 524.92mg (52.49%), Vitamin B6: 0.97mg (48.7%), Manganese: 0.88mg (44.14%), Vitamin K: 43.36µg (41.3%), Magnesium: 118.5mg (29.63%), Vitamin B2: 0.47mg (27.6%), Vitamin B1: 0.4mg (26.97%), Vitamin B5: 2.68mg (26.76%), Potassium: 877.26mg (25.06%), Vitamin E: 3.75mg (24.98%), Zinc: 3.69mg (24.62%), Folate: 92µg (23%), Vitamin C: 18.63mg (22.58%), Vitamin B12: 1.23µg (20.56%), Iron: 3.69mg (20.52%), Fiber: 4.9g (19.59%), Copper: 0.36mg (18.05%), Calcium: 115.23mg (11.52%), Vitamin D: 0.19µg (1.29%)