



Thai Chicken Wraps

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup sesame oil
- 0.3 cup creamy peanut butter
- 0.1 teaspoon ground pepper red (cayenne)
- 1 pound chicken breast boneless skinless cut into 1/2-inch strips
- 0.5 teaspoon ginger finely chopped
- 8 ounces coleslaw mix
- 1 medium bell pepper red cut into thin strips
- 2 tablespoons peanuts chopped

- 0.3 cup cilantro leaves fresh chopped
- 6 10-inch flour tortilla (8 to 10 inches in diameter)

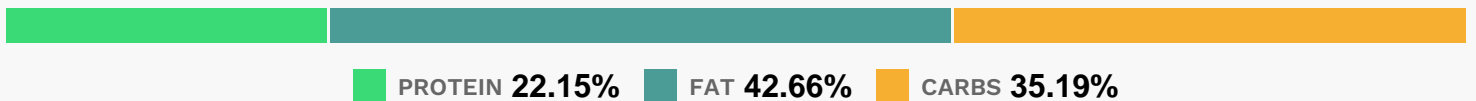
Equipment

- frying pan

Directions

- Mix dressing, peanut butter and red pepper until smooth. Set aside half of mixture to serve with wraps.
- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken and gingerroot in skillet, stirring occasionally, until chicken is brown. Reserve about 1/4 cup of remaining dressing mixture. Stir remaining dressing mixture into chicken. Cover and cook over medium-low heat 3 to 4 minutes, stirring occasionally, until chicken is no longer pink in center.
- Remove chicken from skillet.
- Add reserved 1/4 cup dressing mixture, the coleslaw mix, bell pepper, peanuts and cilantro to skillet. Toss to coat mixture well.
- Spread about 1/3 cup each coleslaw mixture and chicken down center of each tortilla; roll up.
- Serve with remaining dressing mixture.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:12.03, Inflammation Score:-8, Nutrition Score:23.619999864827%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 462.82kcal (23.14%), Fat: 22.07g (33.96%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 36.29g (13.2%), Sugar: 5.78g (6.42%), Cholesterol: 48.38mg (16.13%), Sodium:

657.68mg (28.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Vitamin B3: 13.23mg (66.17%), Selenium: 40.63µg (58.04%), Vitamin C: 40.35mg (48.91%), Vitamin B6: 0.77mg (38.69%), Phosphorus: 367.82mg (36.78%), Vitamin K: 38.01µg (36.2%), Manganese: 0.69mg (34.47%), Vitamin B1: 0.47mg (31.48%), Folate: 111.92µg (27.98%), Vitamin B2: 0.33mg (19.5%), Iron: 3.42mg (18.98%), Fiber: 4.68g (18.71%), Magnesium: 66.71mg (16.68%), Potassium: 563.76mg (16.11%), Vitamin B5: 1.51mg (15.12%), Vitamin A: 743.03IU (14.86%), Calcium: 131.82mg (13.18%), Vitamin E: 1.62mg (10.83%), Copper: 0.18mg (9.05%), Zinc: 1.28mg (8.5%), Vitamin B12: 0.15µg (2.52%)