



Turkey Wraps with Curry-Chutney Mayonnaise and Peanuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups coleslaw mix (green/red with carrots) without dressing, divided
- ☐ 1.5 teaspoons curry powder (madras-style (preferably))
- ☐ 4 10-inch flour tortilla (plain)
- ☐ 1 cup cilantro leaves (fresh, divided, chopped)
- ☐ 0.3 cup mango chutney
- ☐ 1 cup mayonnaise
- ☐ 6 tablespoons roasted peanuts (salted, divided, coarsely chopped)

☐ 10 ounces turkey meat diced divided cooked

Equipment

☐ bowl

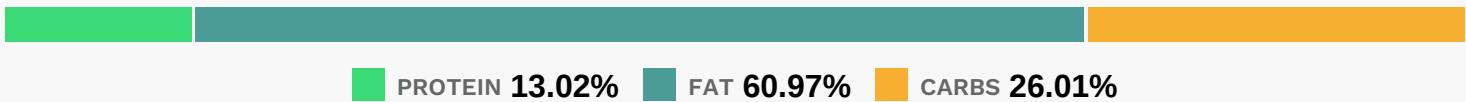
Directions

☐ Mix mayonnaise, chutney, and curry powder in small bowl. Season to taste with salt and pepper.

☐ Spread 2 tablespoons curry–chutney mayonnaise in 2–inch–wide strip down center of 1 tortilla. Top with 1/2 cup turkey, 1/4 cup cilantro, 1 1/2 tablespoons peanuts, and 1/3 cup coleslaw mix. Fold sides of tortilla over ends of filling, then roll up burrito–style, enclosing filling completely. Repeat with remaining ingredients.

☐ Cut each turkey wrap in half on diagonal.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:19.37, Inflammation Score:-7, Nutrition Score:24.938696011253%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 829.49kcal (41.47%), Fat: 56.37g (86.72%), Saturated Fat: 10.08g (63.01%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 49.13g (17.87%), Sugar: 14.07g (15.64%), Cholesterol: 71.01mg (23.67%), Sodium: 1032.61mg (44.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Vitamin K: 127.2µg (121.14%), Vitamin B3: 11.21mg (56.04%), Selenium: 34.7µg (49.57%), Manganese: 0.81mg (40.33%), Phosphorus: 363.31mg (36.33%), Vitamin B1: 0.46mg (30.86%), Vitamin B6: 0.59mg (29.7%), Folate: 108.47µg (27.12%), Vitamin B2: 0.39mg (23%), Iron: 4.12mg (22.87%), Fiber: 4.96g (19.85%), Magnesium: 66.89mg (16.72%), Vitamin B12: 0.95µg (15.77%), Calcium: 149.32mg (14.93%), Vitamin E: 2.23mg (14.84%), Zinc: 2.16mg (14.43%), Vitamin C: 11.58mg (14.03%), Copper: 0.28mg (13.97%), Potassium: 470.1mg (13.43%), Vitamin B5: 1.09mg (10.95%), Vitamin A: 357.84IU (7.16%), Vitamin D: 0.25µg (1.69%)