



# Asian Mango Chicken Wraps



**Start to finish time:** 30 minutes

**Number of servings:** 6

## Nutrition Facts

**Serving size** 1 wrap

**Amount per serving**  
**Calories** **321**

**% Daily Value\***

**Total Fat** 15g **19 %**

**Saturated Fat** 6.1g **30 %**

**Trans Fat** 0g

**Cholesterol** 31mg **10 %**

**Sodium** 578mg **25 %**

**Total Carbohydrate** 35g **13 %**

**Dietary Fiber** 6.9g **25 %**

**Total Sugars** 11g

**Includes <1g Added Sugar** **0 %**

**Protein** 14g

**Vitamin D** 0mcg **0 %**

**Calcium** 154mg **12 %**

**Iron** 2.1mg **12 %**

**Potassium** 456mg **10 %**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS:

- 1 mango (peeled and diced)
- 3 whole green onions (sliced)
- 2 tablespoons basil (roughly chopped)
- 1 cup roasted chicken (cubed)
- 1 large carrot (grated)
- 1 cup Napa cabbage (sliced thin)
- ½ red bell pepper (diced)
- 1/3 cup cream cheese
- 3 tablespoons peanut butter
- 2 teaspoons low-sodium soy sauce
- 6 flour tortillas (whole wheat)
- Optional: 1 teaspoon sesame oil

## DIRECTIONS:

1. Gather and prepare ingredients.
2. Warm tortillas in a skillet. About 1-2 minutes per side.
3. Mix cream cheese, peanut butter, and soy sauce together in a small bowl. Add sesame oil if using and mix again.
4. Mix all fruits and veggies together in a large bowl. Add chicken and mix.
5. Spread cream cheese mixture on tortilla
6. Layer ingredients on tortilla, roll wrap, and ENJOY!!

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



## STEP-BY-STEP DIRECTIONS:



### Step 1

Gather and prepare ingredients.



### Step 2

Mix cream cheese, peanut butter, and soy sauce together in a small bowl. Add sesame oil, if using, and mix again.



### Step 3

While the sauce sits, it is optional to warm the tortillas in a skillet over medium low heat. About 1-2 minutes per side.



### Step 4

Mix all fruits, veggies, and chicken together in a large bowl



### Step 5

Spread cream cheese mixture on tortilla.



### Step 6

Layer the ingredients on the tortilla, roll wrap, and enjoy!

## SUBSTITUTIONS:

- Sun butter or another nut-free alternative can be used in place of peanut butter.
- Canned chickpeas can be used in place of chicken for a vegan option.

## MSU EXTENSION NOTES:

- Any kind of cooked chicken can work in this recipe.
- Lettuce or spinach can be added for extra vegetables and nutrients.

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