

## **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 %
<i>Trans</i> 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	

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Vitamin D 0mcg	0 %
Calcium 154mg	12 %
Iron 2.1mg	12 %
Potassium 456ma	10 %

<sup>\*</sup> 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.

#### **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.

#### **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!!

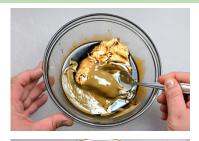


#### STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



#### Step 2

Mix cream cheese, peanut butter, and sov 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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