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Sesame Chicken & Veggies Wrap

This recipe is a delicious and healthy wrap filled with sesame chicken and fresh vegetables. It is a perfect option for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
2 tsp	sesame oil
4 tbsp	soy sauce
2 cloves	garlic
1 tsp	Ginger
100 g	carrot

100 g	bell pepper
100 g	cabbage
4 pieces	tortilla wraps
50 g	lettuce
2 tsp	sesame seeds

Directions

Step 1

Cutting

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Mixing

In a bowl, mix together sesame oil, soy sauce, minced garlic, and grated ginger. Marinate the chicken in the mixture for 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 3

Stove

Heat a pan over medium heat and cook the marinated chicken until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Cutting

Slice the carrot, bell pepper, and cabbage into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Microwaving

Warm the tortilla wraps in a pan or microwave.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Rolling

Place the cooked chicken, sliced vegetables, lettuce, and sesame seeds on each tortilla wrap. Roll tightly to form a wrap.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Oven

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Chinese

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Supper

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Cost

\$40 to \$50

Difficulty Level

Medium

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