



# 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\***

<b>Total Fat</b>	15g	<b>19 %</b>
Saturated Fat	6.1g	<b>30 %</b>
Trans Fat	0g	
<b>Cholesterol</b>	31mg	<b>10 %</b>
<b>Sodium</b>	578mg	<b>25 %</b>
<b>Total Carbohydrate</b>	35g	<b>13 %</b>
Dietary Fiber	6.9g	<b>25 %</b>
Total Sugars	11g	
Includes <1g Added Sugar		<b>0 %</b>
<b>Protein</b>	14g	
Vitamin D	0mcg	<b>0 %</b>
Calcium	154mg	<b>12 %</b>
Iron	2.1mg	<b>12 %</b>
Potassium	456mg	<b>10 %</b>

\* 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 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.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The university resides on land ceded in the 1819 Treaty of Saginaw."

