

Take-Away Thai Chicken Tortilla Roll-Up

Ingredients:

- 1/4 cup bottled all natural Thai-style peanut sauce
- 4 10 – inch whole-wheat or other whole grain flour tortillas
- 2 1/2 cups bite-size roasted chicken breast pieces, chilled
- 2 cups fresh mung bean sprouts
- 3 scallions, green and white parts, thinly sliced
- 2 tablespoons cilantro, finely chopped

Directions:

1. Spread peanut sauce over the entire surface of each tortilla. Top with chicken, sprouts, scallions, and cilantro.
2. Tightly roll each tortilla and serve.

Tip: Try this recipe with any plain roasted or grilled poultry or fish leftovers. If you want to stick with chicken, pick up a rotisserie chicken from your local market. Remove the skin from the breasts and shred the meat off the bones with your fingers.

Nutrition Facts	
Serving Size 1 roll (239g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 490mg	20%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 34g	
Vitamin A 4%	• Vitamin C 15%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: American Diabetes Association

