

Asian mango chicken wraps



Recipe credit

Produce For Better Health Foundation

About this recipe

Serves

4

Serving size

1 wrap

Time to make

30 minutes

Special criteria

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Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Nutritional info

Calories

440

Total fat

12 g

Saturated fat

3 g

Cholesterol

50 mg

Sodium

570 mg

Total carbohydrates

57 g

Dietary fiber

9 g

Protein

29 g

Allergens

Dairy

Peanuts

Soy

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