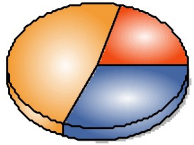




Tandoori Chicken Wrap

Recipe grams: 1466.16g/51.7oz

Serves 4 366.54g/12.9oz per serving



Protein: 66%
Carbohydrates: 16%
Fat: 18%

INGREDIENTS

2 tbsp SOY SAUCE, LOW SALT (SHOYU), from soy & wheat, low salt
 1 tsp CUMIN, GROUND
 1 tsp TURMERIC, DRIED
 1/2 tsp CORIANDER SEED
 1/2 tsp RED CHILI PEPPER, GROUND
 1/2 tsp ORANGE PEEL, RAW
 4 breast CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
 1 tsp SESAME OIL, TOASTED, UNREFINED
 1 cup CARROT, SHREDDED
 4 medium ONION, SPRING OR SCALLIONS, RAW, 4-1/8" long, w/tops & bulb
 1/4 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
 4 tortilla Tortilla, Low Carb
 1/2 cup YOGURT, PLAIN, NONFAT
 1/4 cup TOMATO SAUCE
 1/2 tsp CURRY POWDER
 1/8 tsp SUGAR, GRANULATED
 1/4 tsp PEPPER, BLACK, GROUND

DIRECTIONS

Combine first 7 ingredients in a medium bowl, stirring to coat chicken. Cover and marinate in refrigerator for about 30 minutes or if in a hurry, while remaining mixtures prepared.

Combine tomato-curry mixture together. Whisk until smooth and chill.

Heat 1 tsp. oil in large nonstick skillet over medium heat. Add chicken, cooking until done. Do not over cook to dryness. Remove, set aside and keep warm.

Add carrot and green onions. Sauté until browned, about 10 minutes.

To prepare: spread about 3 Tbsp. Yogurt mixture over each tortilla. Top with 1 cup chicken mixture and 1/3 cup carrot mixture. Roll up and serve with vegetables or a mango chutney.

Nutrition Facts	
Serving Size: 1 serving (366.5g)	
Servings: 1	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 840mg	35%
Total Carbohydrate 15g	6%
Dietary Fiber 6g	25%
Sugars 3g	
Protein 62g	
Vitamin A 20%	Vitamin C 15%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	