



Almost-Famous Chicken Lettuce Wraps

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bundles cellophane noodles
- 1 tablespoon cornstarch
- 2 teaspoons cornstarch
- 1 large egg white
- 3 cloves garlic minced
- 1 teaspoon ginger minced peeled
- 1 tablespoon hoisin sauce
- 1 jalapeno minced seeded

- 4 servings kosher salt
- 4 servings lettuce leaves for serving
- 1 tablespoon soya sauce low-sodium
- 0.5 pound shittake mushrooms diced stemmed
- 2 tablespoons oyster sauce
- 4 servings vegetable oil; peanut oil preferred for frying
- 4 tablespoons vegetable oil; peanut oil preferred
- 1 tablespoon rice wine dry chinese
- 4 scallions; 2 minced cut into 1-inch pieces
- 1 teaspoon sesame oil toasted
- 1.5 pounds chicken breasts diced boneless skinless
- 4 servings soya sauce hot for serving
- 0.3 teaspoon sugar
- 0.8 cup water chestnuts diced

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- spatula
- slotted spoon

Directions

- Whisk the egg white, cornstarch and rice wine in a bowl.
- Whisk 1/3 cup water, the oyster, hoisin and soy sauces, the rice wine and sesame oil in a bowl, then whisk in the cornstarch until dissolved.

- Fry the noodles: Pull the noodles apart into sections.
- Heat 3/4 inch peanut oil in a medium saucepan until a deep-fry thermometer registers 380 degrees F. Working in batches, press the noodles into the oil with a spatula until they puff, 5 to 10 seconds.
- Drain on paper towels.
- Heat 2 tablespoons peanut oil in a large skillet over medium-high heat.
- Add the chicken and cook, stirring, 2 to 3 minutes.
- Remove with a slotted spoon to a plate.
- Add the remaining 2 tablespoons peanut oil to the skillet; when almost smoking, stir in the garlic, ginger, jalapeno and minced scallions, then add 1/2 teaspoon salt and the sugar and stir-fry 30 seconds.
- Add the mushrooms, water chestnuts and scallion pieces and stir-fry 2 minutes.
- Add the stir-fry sauce and chicken and cook 1 minute. Make a bed of noodles on a platter and top with the chicken mixture.
- Serve the noodles and stir-fry with lettuce leaves and soy sauce for dipping. Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:27.541304033736%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 449.17kcal (22.46%), Fat: 22.68g (34.89%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 16.44g (5.98%), Sugar: 4.95g (5.5%), Cholesterol: 108.98mg (36.33%), Sodium: 877.01mg (38.13%), Alcohol: 0.6g (100%), Alcohol %: 0.2% (100%), Protein: 40.66g (81.32%), Vitamin B3: 20.5mg (102.5%), Selenium: 63.05µg (90.07%), Vitamin B6: 1.53mg (76.27%), Phosphorus: 447.27mg (44.73%), Vitamin A: 1987.79IU (39.76%), Vitamin B5: 3.43mg (34.34%), Vitamin B2: 0.52mg (30.54%), Potassium: 1029.06mg (29.4%), Vitamin K:

26.28µg (25.03%), Vitamin E: 3.61mg (24.05%), Vitamin C: 15.72mg (19.05%), Copper: 0.34mg (16.88%), Magnesium: 64.98mg (16.25%), Manganese: 0.29mg (14.46%), Vitamin B1: 0.2mg (13.55%), Fiber: 3.13g (12.51%), Iron: 2.09mg (11.63%), Zinc: 1.72mg (11.48%), Folate: 42.59µg (10.65%), Vitamin B12: 0.41µg (6.79%), Calcium: 41.23mg (4.12%), Vitamin D: 0.28µg (1.89%)