



Artichoke-and-Beef Lettuce Wraps

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 ounces artichoke hearts rinsed thinly sliced canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers chopped
- ☐ 1 cup chickpeas rinsed drained
- ☐ 0.3 cup basil fresh packed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 16 lettuce leaves (such as butter or romaine)
- ☐ 0.3 cup parmesan grated reduced-fat

- ☐ 1 teaspoon olive oil
- ☐ 0.5 pound deli roast beef sliced into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 1 small zucchini thinly sliced

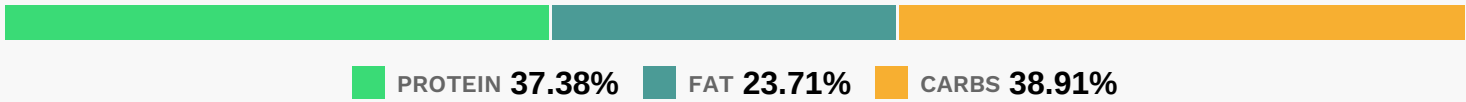
Equipment

- ☐ bowl

Directions

- ☐ Place artichokes, beef, zucchini, chickpeas, Parmesan, basil, capers, lemon juice and oil in a bowl; add salt and pepper. Toss to coat. Wrap 1/4 cup of filling in each lettuce leaf and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:22.82304338463%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 206.3kcal (10.31%), Fat: 5.48g (8.42%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 14.19g (5.16%), Sugar: 4.78g (5.31%), Cholesterol: 37.82mg (12.61%), Sodium: 1722.89mg (74.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Vitamin A: 7301.97IU (146.04%), Vitamin C: 54.95mg (66.61%), Manganese: 0.82mg (40.87%), Folate: 124.88µg (31.22%), Calcium: 293.35mg (29.34%), Phosphorus: 265.58mg (26.56%), Vitamin B3: 5.01mg (25.04%), Fiber: 6.02g (24.08%), Vitamin B6: 0.44mg (22.08%), Zinc: 3.24mg (21.58%), Iron: 3.55mg (19.73%), Vitamin B12: 1.11µg (18.42%), Potassium: 572.58mg (16.36%), Vitamin B2: 0.26mg (15.23%), Magnesium: 55.17mg (13.79%), Vitamin B1: 0.19mg (12.61%), Copper: 0.24mg (11.98%), Vitamin K: 11.03µg (10.51%), Selenium: 7.13µg (10.19%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.39mg (3.94%)