



Asian Chicken-Brown Rice Lettuce Wraps

 Dairy Free

READY IN



42 min.

SERVINGS



5

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained sliced chopped canned
- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup spring onion chopped
- ☐ 1 pound ground chicken
- ☐ 2 teaspoons hoisin sauce

- ☐ 15 large inner leaves iceberg lettuce crisp
- ☐ 0.5 cup quick-cooking brown rice instant uncooked
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 5 tablespoons satay sauce (such as House of Tsang)
- ☐ 0.5 cup bell pepper red chopped ()

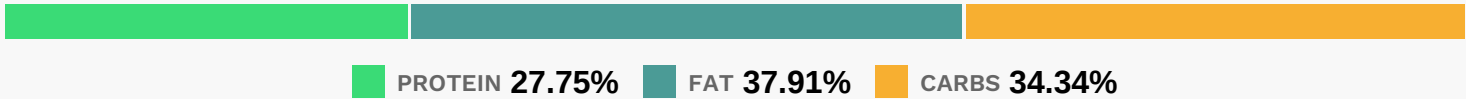
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Spread evenly on jelly-roll pan, and refrigerate until chilled.
- ☐ Combine soy sauce and next 4 ingredients, stirring with a whisk; set aside.
- ☐ While rice chills, heat canola oil in a large nonstick skillet over medium heat.
- ☐ Add chicken and next 3 ingredients; cook 10 to 12 minutes or until chicken is done. Stir in water chestnuts.
- ☐ To assemble, spoon about 2 tablespoons chilled rice into each lettuce leaf; top each with 1/4 cup chicken mixture.
- ☐ Roll up.
- ☐ Serve lettuce rolls with reserved soy sauce mixture and peanut sauce.

Nutrition Facts



Properties

Glycemic Index:28.2, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:16.676086778226%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 286.82kcal (14.34%), Fat: 12.19g (18.75%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 21.57g (7.84%), Sugar: 6.51g (7.23%), Cholesterol: 78.07mg (26.02%), Sodium: 761.12mg (33.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Vitamin K: 49.63µg (47.26%), Vitamin B6: 0.7mg (34.89%), Vitamin B3: 6.39mg (31.93%), Vitamin C: 25.89mg (31.38%), Phosphorus: 226.43mg (22.64%), Potassium: 742.33mg (21.21%), Selenium: 13.44µg (19.2%), Vitamin B2: 0.31mg (18.22%), Manganese: 0.34mg (16.98%), Vitamin A: 788.14IU (15.76%), Folate: 61.73µg (15.43%), Vitamin B1: 0.22mg (14.97%), Iron: 2.59mg (14.38%), Zinc: 2.01mg (13.38%), Fiber: 3.26g (13.04%), Vitamin B5: 1.27mg (12.7%), Magnesium: 41.78mg (10.44%), Copper: 0.19mg (9.36%), Vitamin B12: 0.51µg (8.47%), Vitamin E: 1.22mg (8.14%), Calcium: 37.7mg (3.77%)