



Asian Chicken Lettuce Wraps



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces bean sprouts
- ☐ 8 boston lettuce leaves (1 head)
- ☐ 1 tablespoon cooking oil
- ☐ 1.5 teaspoons sriracha (such as Sriracha)
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 10 ounces mint leaves fresh
- ☐ 2 garlic minced

- ☐ 1 lime cut into 8 wedges
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 tablespoon rice vinegar
- ☐ 1 Dash sea salt
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 9 ingredients in a small bowl; stir with a whisk. Reserve 2 tablespoons oil mixture.
- ☐ Place remaining oil mixture in a large zip-top plastic bag.
- ☐ Add chicken breast halves; seal and marinate in refrigerator for 1 hour, turning occasionally.
- ☐ Remove chicken from bag, and discard marinade.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; grill 12 minutes or until chicken is done, turning once.
- ☐ Let stand 5 minutes before thinly slicing. Divide chicken evenly among lettuce leaves; top each lettuce leaf with 2 tablespoons mint, 1 tablespoon sprouts, and about 1 teaspoon reserved oil mixture.
- ☐ Serve with lime wedges.
- ☐ Garnish with chopped peanuts, if desired.

Nutrition Facts



 **PROTEIN 48.53%**  **FAT 33.2%**  **CARBS 18.27%**

Properties

Glycemic Index:31.75, Glycemic Load:0.56, Inflammation Score:0, Nutrition Score:33.700000156527%

Flavonoids

Eriodictyol: 21.91mg, Eriodictyol: 21.91mg, Eriodictyol: 21.91mg, Eriodictyol: 21.91mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 3.82mg, Apigenin: 3.82mg, Apigenin: 3.82mg, Apigenin: 3.82mg Luteolin: 8.97mg, Luteolin: 8.97mg, Luteolin: 8.97mg, Luteolin: 8.97mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 326.63kcal (16.33%), Fat: 12.22g (18.8%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 8.23g (2.99%), Sugar: 1.52g (1.69%), Cholesterol: 108.86mg (36.29%), Sodium: 468.18mg (20.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.19g (80.39%), Vitamin B3: 19.26mg (96.3%), Vitamin A: 4067.89IU (81.36%), Selenium: 55.02µg (78.6%), Vitamin B6: 1.44mg (71.8%), Manganese: 0.99mg (49.3%), Phosphorus: 438.83mg (43.88%), Vitamin C: 33.27mg (40.32%), Vitamin K: 38.81µg (36.96%), Potassium: 1165.02mg (33.29%), Folate: 121.42µg (30.36%), Vitamin B5: 2.82mg (28.23%), Magnesium: 112.25mg (28.06%), Fiber: 6.9g (27.58%), Iron: 4.92mg (27.32%), Vitamin B2: 0.41mg (24.11%), Calcium: 203.24mg (20.32%), Copper: 0.33mg (16.3%), Vitamin B1: 0.21mg (13.74%), Zinc: 1.96mg (13.08%), Vitamin E: 1.11mg (7.39%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)