




Asian Chickpea Lettuce Wraps


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



6

CALORIES



52 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 2 oz garbanzo beans drained and rinsed canned
- 1 tbsp chili sauce thai style
- 2 tbsp sauce
- 1 tbsp soy sauce low-sodium
- 1 tbsp olive oil
- 2 tbsp rice vinegar
- 0.5 tbsp sugar
- 1 tsp pepper red

- 1 tbsp sauce
- 0.5 cup basil chopped
- 0.5 cup basil chopped
- 6 romaine leaves

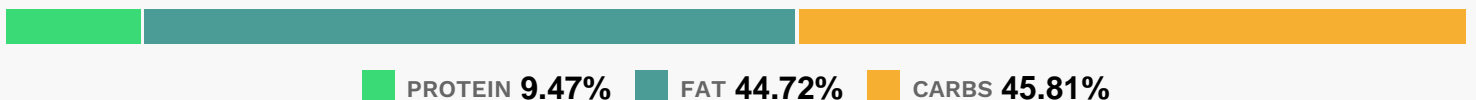
Equipment

- food processor
- frying pan

Directions

- Drain and rinse both cans of chickpeas.
- Place chickpeas in a food processor and puree in 5-10 second increments. You do not want to turn the chickpeas into a mash, you simply want to grind them into pieces.
- Add 1 tbsp of olive oil to a pan and heat.
- Add the chickpeas and let cook over medium heat for 3-4 minutes, continuously stirring so as not to burn.
- Add remaining ingredients, except basil, and stir. Cook over low heat for 10 minutes, stirring occasionally.
- If using basil leaves, add them and cook for 1-2 minutes, stirring the basil in and allowing it to wilt.
- Wash lettuce leaves and pat dry.
- Spoon a healthy serving of chickpea mixture onto lettuce wraps and serve immediately.
- Drizzle with sirachi sauce if desired.

Nutrition Facts



Properties

Glycemic Index:50.07, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:5.0769565217391%

Taste

Sweetness: 100%, Saltiness: 7.7%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 78.02%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 52.12kcal (2.61%), Fat: 2.62g (4.03%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.35g (3.73%), Cholesterol: 0mg (0%), Sodium: 258.27mg (11.23%), Protein: 1.25g (2.49%), Vitamin A: 2105.21IU (42.1%), Vitamin K: 18.49µg (17.61%), Manganese: 0.22mg (10.75%), Vitamin C: 5.45mg (6.61%), Vitamin B6: 0.09mg (4.51%), Vitamin E: 0.63mg (4.17%), Folate: 15.69µg (3.92%), Fiber: 0.91g (3.66%), Iron: 0.59mg (3.27%), Potassium: 97.25mg (2.78%), Magnesium: 10.92mg (2.73%), Phosphorus: 23.69mg (2.37%), Vitamin B2: 0.04mg (2.35%), Calcium: 21.76mg (2.18%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (1.91%), Vitamin B3: 0.25mg (1.27%), Zinc: 0.19mg (1.24%)