



Asian Lettuce Cups

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 large leaves bibb lettuce
- 1 cup & flavor infused broth sour hot chinese swanson®
- 1 medium carrots shredded peeled
- 2 tablespoons cornstarch
- 0.5 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 1 inch ginger root fresh minced peeled
- 2 cloves garlic minced

- 2 green onions thinly sliced
- 1 pound pd of ground turkey
- 1 tablespoon juice of lime
- 0.3 cup peanuts chopped

Equipment

- bowl
- frying pan

Directions

- Cook the turkey in a 12-inch nonstick skillet over medium-high heat until well browned, stirring often to separate meat.
- Pour off any fat.
- Add the carrot, garlic, ginger and red pepper to the skillet and cook and stir for 1 minute.
- Add 1/2 cup broth and heat to a boil.
- Stir the remaining broth and the cornstarch in a small bowl until the mixture is smooth.
- Add the cornstarch mixture to the skillet. Cook and stir for 2 minutes or until the mixture boils and thickens.
- Stir in the cilantro and lime juice just before serving. Spoon about 1/4 cup turkey mixture into each lettuce leaf.
- Sprinkle with the green onions and peanuts.

Nutrition Facts



PROTEIN 54.27% **FAT 28.17%** **CARBS 17.56%**

Properties

Glycemic Index:53.77, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:20.819130317025%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 214.78kcal (10.74%), Fat: 6.92g (10.64%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.69g (2.8%), Sugar: 1.78g (1.98%), Cholesterol: 62.37mg (20.79%), Sodium: 313.3mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.96%), Vitamin A: 3898.19IU (77.96%), Vitamin B3: 12.82mg (64.1%), Vitamin B6: 1.08mg (54.12%), Vitamin K: 48.54µg (46.23%), Selenium: 26.35µg (37.64%), Phosphorus: 315.44mg (31.54%), Manganese: 0.37mg (18.66%), Potassium: 567.04mg (16.2%), Zinc: 2.35mg (15.69%), Folate: 60.91µg (15.23%), Magnesium: 59.15mg (14.79%), Vitamin B5: 1.28mg (12.75%), Vitamin B1: 0.17mg (11.2%), Iron: 1.86mg (10.31%), Vitamin B2: 0.17mg (10.02%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (9.04%), Fiber: 2.01g (8.05%), Vitamin C: 5.09mg (6.17%), Calcium: 38.02mg (3.8%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.4mg (2.68%)