



WHATSheATE



Asian Lettuce Cups



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 boston lettuce leaves
- ☐ 8 ounce water chestnuts drained sliced coarsely chopped canned
- ☐ 1 tablespoon canola oil divided
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.7 cup green onions thinly sliced (4)
- ☐ 13 ounces pd of ground turkey
- ☐ 2 tablespoons hoisin sauce

- ☐ 4 teaspoons lower-sodium soy sauce
- ☐ 2 teaspoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 5 ounces shiitake mushroom caps coarsely chopped
- ☐ 1.3 teaspoons sriracha such as huy fong) hot

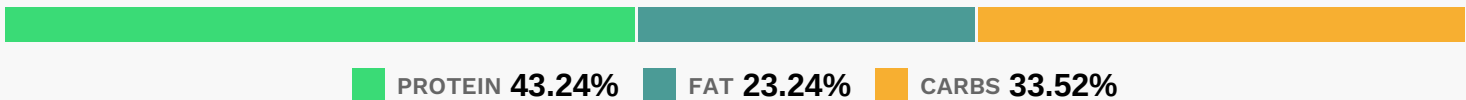
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms; saut 5 minutes or until tender, stirring occasionally.
- ☐ Place mushrooms in a large bowl.
- ☐ Heat remaining 1 teaspoon oil in pan over medium-high heat.
- ☐ Add turkey, garlic, and ginger to pan; cook 6 minutes or until turkey is browned, stirring to crumble.
- ☐ Add turkey mixture, onions, and water chestnuts to mushrooms in bowl; stir well.
- ☐ Spoon 1/2 cup turkey mixture into each lettuce leaf.
- ☐ Combine hoisin, soy sauce, rice vinegar, Sriracha, and salt in a small bowl, stirring with a whisk.
- ☐ Serve sauce with lettuce cups.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:19.450869415117%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 5.91g (9.1%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 15.05g (5.47%), Sugar: 5.92g (6.58%), Cholesterol: 50.91mg (16.97%), Sodium: 476.6mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.51%), Vitamin K: 67.93µg (64.7%), Vitamin B3: 10.99mg (54.95%), Vitamin B6: 1.09mg (54.44%), Selenium: 23.52µg (33.6%), Phosphorus: 294.15mg (29.42%), Vitamin A: 1185.34IU (23.71%), Potassium: 632.78mg (18.08%), Zinc: 2.52mg (16.79%), Fiber: 4.14g (16.54%), Vitamin B5: 1.55mg (15.51%), Manganese: 0.31mg (15.46%), Vitamin B2: 0.26mg (15.18%), Folate: 53.8µg (13.45%), Iron: 2.41mg (13.38%), Magnesium: 51.24mg (12.81%), Copper: 0.23mg (11.29%), Vitamin E: 1.31mg (8.74%), Vitamin C: 6.47mg (7.85%), Vitamin B12: 0.47µg (7.83%), Vitamin B1: 0.1mg (6.8%), Calcium: 34.45mg (3.44%), Vitamin D: 0.51µg (3.4%)