



Asian Lettuce Wraps



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz bean sprouts
- ☐ 24 large boston lettuce leaves
- ☐ 1 cup carrots shredded
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds pd of ground turkey
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 onion chopped

- ☐ 8 servings soya sauce
- ☐ 2 tablespoons teriyaki sauce
- ☐ 2 tablespoons vegetable oil

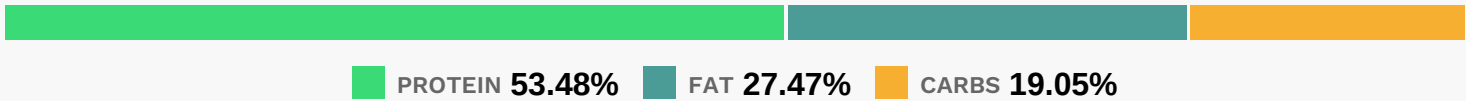
Equipment

- ☐ frying pan

Directions

- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add onion and saut until softened, about 3 minutes.
- ☐ Add garlic; saut 1 minute longer. Stir in turkey and cook, stirring, until almost cooked through, about 5 minutes.
- ☐ Add broth and hoisin sauce. Cook, stirring and breaking up clumps of turkey, until turkey is cooked through, 5 to 7 minutes.
- ☐ Remove from heat and stir in teriyaki sauce, bean sprouts and carrots. (You should have about 6 cups of filling.)
- ☐ Spoon about 1/4 cup of filling into center of each lettuce leaf.
- ☐ Serve with soy sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:18.771739109703%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 174.56kcal (8.73%), Fat: 5.48g (8.43%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 6.85g (2.49%), Sugar: 4.41g (4.9%), Cholesterol: 46.9mg (15.63%), Sodium: 1305.25mg (56.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin A: 4188.18IU (83.76%), Vitamin K: 59.17µg (56.35%), Vitamin B3: 9.72mg (48.6%), Vitamin B6: 0.87mg (43.53%), Selenium: 19.61µg (28.01%), Phosphorus: 262.57mg (26.26%), Potassium: 519.13mg (14.83%), Folate: 58.5µg (14.62%), Manganese: 0.27mg (13.27%), Zinc: 1.82mg (12.17%), Magnesium: 48.03mg (12.01%), Vitamin B2: 0.19mg (11.31%), Iron: 2.01mg (11.16%), Vitamin B5: 1.01mg (10.14%), Vitamin B1: 0.12mg (8.05%), Vitamin B12: 0.45µg (7.47%), Vitamin C: 5.75mg (6.97%), Fiber: 1.71g (6.83%), Copper: 0.14mg (6.8%), Vitamin E: 0.55mg (3.69%), Calcium: 36.54mg (3.65%), Vitamin D: 0.34µg (2.27%)