



## Asian Lettuce Wraps



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 boston lettuce leaves
- 8 ounce water chestnuts drained finely chopped canned
- 1 tablespoon cooking oil
- 2 cloves garlic fresh minced
- 1 bunch green onions chopped
- 0.3 cup hoisin sauce
- 1 pound ground beef lean
- 1 large onion chopped

- 2 teaspoons pickled ginger minced
- 1 tablespoon rice wine vinegar
- 2 teaspoons asian sesame oil dark ()
- 1 tablespoon soya sauce

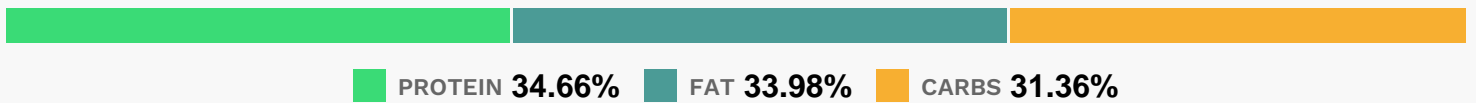
## Equipment

- frying pan

## Directions

- Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
- In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary.
- Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently.
- Add the garlic, soy sauce, hoisin sauce, ginger, vinegar, and chile pepper sauce to the onions, and stir. Stir in chopped water chestnuts, green onions, sesame oil, and cooked beef; continue cooking until the onions just begin to wilt, about 2 minutes.
- Arrange lettuce leaves around the outer edge of a large serving platter, and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito, and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:22.619999916657%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg

## Nutrients (% of daily need)

Calories: 318.39kcal (15.92%), Fat: 12.02g (18.48%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 20.68g (7.52%), Sugar: 9.3g (10.33%), Cholesterol: 70.82mg (23.61%), Sodium: 617.57mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Vitamin K: 77.34µg (73.66%), Zinc: 6.41mg (42.76%), Vitamin B12: 2.54µg (42.34%), Vitamin A: 2048.94IU (40.98%), Vitamin B6: 0.73mg (36.26%), Vitamin B3: 7.25mg (36.23%), Selenium: 21.53µg (30.76%), Phosphorus: 290.12mg (29.01%), Iron: 4.7mg (26.13%), Potassium: 757.26mg (21.64%), Manganese: 0.37mg (18.36%), Vitamin B2: 0.3mg (17.82%), Folate: 70.62µg (17.66%), Fiber: 4.26g (17.05%), Magnesium: 49.65mg (12.41%), Copper: 0.24mg (12.17%), Vitamin E: 1.6mg (10.7%), Vitamin B5: 1.04mg (10.37%), Vitamin C: 7.92mg (9.6%), Vitamin B1: 0.12mg (7.86%), Calcium: 57.31mg (5.73%)