



Asian Lettuce Wraps



Gluten Free



Dairy Free

READY IN



47 min.

SERVINGS



4

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots shredded
- ☐ 0.3 teaspoon chile paste hot
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 bunch green onions thinly sliced
- ☐ 1 pound ground pork
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 head iceberg lettuce leaves separated
- ☐ 1 teaspoon sesame oil

- ☐ 2 tablespoons soya sauce
- ☐ 14 ounce spicy tofu firm cubed drained
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked

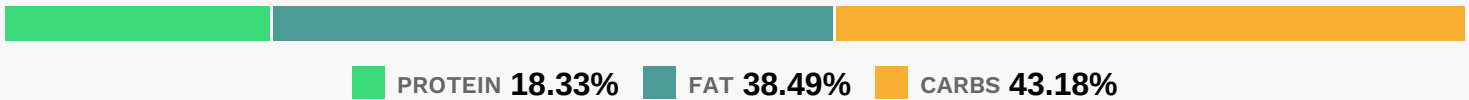
Equipment

- ☐ sauce pan
- ☐ wok

Directions

- ☐ In a saucepan combine the water and rice. Bring to a boil, cover, and reduce heat to a simmer. Simmer for 20 minutes, until water is absorbed. Set aside and keep warm.
- ☐ Heat oil in a wok over medium-high heat. Cook the pork, green onions, and garlic for 5 to 7 minutes, or until lightly brown.
- ☐ Add the tofu, carrot, Hoisin, and soy sauce, stirring frequently until heated through.
- ☐ Remove from heat, and stir in the sesame oil and chile paste.
- ☐ To serve: spoon a small amount of rice into each lettuce leaf, top with the stir-fry mixture, and drizzle with additional soy sauce or hoisin, if desired. Wrap the lettuce leaf to enclose the filling.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:45.9, Inflammation Score:-10, Nutrition Score:26.054347846819%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 805.25kcal (40.26%), Fat: 33.91g (52.17%), Saturated Fat: 10.33g (64.56%), Carbohydrates: 85.61g (28.54%), Net Carbohydrates: 82.19g (29.89%), Sugar: 5.46g (6.07%), Cholesterol: 82.01mg (27.34%), Sodium: 803.22mg (34.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.68%), Vitamin A: 5165.72IU (103.31%), Vitamin B1: 0.93mg (61.68%), Selenium: 42.27µg (60.39%), Manganese: 1.15mg (57.65%), Vitamin B3: 7.23mg (36.17%), Phosphorus: 334.76mg (33.48%), Vitamin B6: 0.66mg (33.12%), Zinc: 3.71mg (24.7%), Vitamin B2: 0.37mg (22.04%), Vitamin K: 23.06µg (21.96%), Calcium: 193.71mg (19.37%), Iron: 3.45mg (19.19%), Vitamin B5: 1.83mg (18.28%), Copper: 0.34mg (17.01%), Potassium: 582.36mg (16.64%), Magnesium: 58.53mg (14.63%), Fiber: 3.43g (13.71%), Vitamin B12: 0.79µg (13.23%), Folate: 27.2µg (6.8%), Vitamin C: 3.94mg (4.78%), Vitamin E: 0.66mg (4.42%)