



 **18%**  
HEALTH SCORE

## Asian Lettuce Wraps

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**158 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings broccoli slaw
- 0.3 cup chicken stock see
- 2 Tablespoons coconut aminos
- 2 Cloves garlic minced
- 1 leaf lettuce green
- 1 teaspoons ground ginger
- 20 ounces pd of ground turkey
- 1 Tablespoon juice of lime fresh

- 1 Tablespoon orange marmalade
- 1 teaspoon sesame oil toasted
- 1 teaspoon tapioca flour
- 1 Tablespoons thai fish sauce

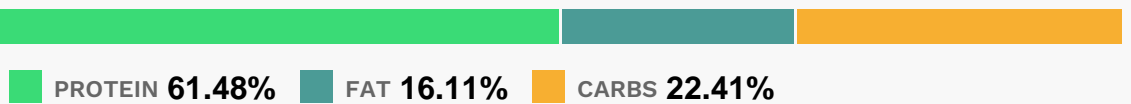
## Equipment

- bowl
- frying pan
- whisk
- potato masher

## Directions

- Place the ground turkey and minced garlic in a skillet and begin to brown, breaking up as you cook. As the ground meat cooks, you can use a hand-held potato masher to help break up the meat more evenly. Dont add salt to the ground meat here the fish sauce has enough sodium to replace any added salt in this recipe.Meanwhile, place the stock, aminos, fish sauce, marmalade, lime juice, sesame oil, ground ginger, and tapioca starch in a bowl or magic bullet and whisk/process until blended well.
- Add the sauce to the ground meat and cook until the turkey is cooked through and the sauce has thickened up.
- Serve with broccoli slaw, wrapped in a large green lettuce leaf. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:17.856956521739%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 23.57%, Saltiness: 100%, Sourness: 15.59%, Bitterness: 8.53%, Savoriness: 68.61%, Fattiness: 56.5%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 157.91kcal (7.9%), Fat: 2.95g (4.54%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 9.12g (3.32%), Sugar: 2.36g (2.62%), Cholesterol: 52.27mg (17.42%), Sodium: 436.25mg (18.97%), Protein: 25.34g (50.67%), Vitamin C: 80.52mg (97.6%), Vitamin B3: 9.99mg (49.95%), Vitamin B6: 0.98mg (48.98%), Selenium: 24.28µg (34.68%), Phosphorus: 276.4mg (27.64%), Folate: 70.95µg (17.74%), Manganese: 0.34mg (16.89%), Potassium: 588.68mg (16.82%), Magnesium: 55.63mg (13.91%), Zinc: 2.05mg (13.68%), Vitamin B5: 1.3mg (13.02%), Vitamin B2: 0.21mg (12.58%), Iron: 1.62mg (9%), Vitamin B12: 0.5µg (8.27%), Vitamin B1: 0.12mg (8.08%), Vitamin A: 374.48IU (7.49%), Copper: 0.11mg (5.43%), Calcium: 49.27mg (4.93%), Vitamin D: 0.38µg (2.52%)