



## Asian Roll Lettuce Wrap

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

READY IN



60 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup brown rice
- 1 cup carrots shredded
- 1 tablespoon ginger root fresh minced
- 2 teaspoons garlic minced
- 1 cup green onions thinly sliced
- 1 pound pd of ground turkey
- 3 tablespoons juice of lemon fresh
- 16 large lettuce leaves

- 0.3 cup soya sauce light
- 1 cup radishes sliced
- 1 cup bell pepper red sliced
- 1 teaspoon sugar
- 0.3 cup water

## Equipment

- bowl
- sauce pan
- grill
- aluminum foil
- broiler
- skewers
- broiler pan

## Directions

- In a medium bowl, mix together ground turkey, 1 tablespoon soy sauce, 1 teaspoon minced garlic and 2 teaspoons ginger. Form into 16 meatballs and roll into ovals. Cover and refrigerate.
- In a medium saucepan over medium heat, combine rice with 2 cups water. Bring to a boil, reduce heat and simmer for 20 minutes, or until rice is tender.
- Preheat the grill or broiler. Arrange rice, lettuce leaves, carrots, scallions, radishes and red peppers onto a serving platter or place each into a small bowl. In a medium bowl, mix together 1/3 cup soy sauce, 1/3 cup water, lemon juice, 2 teaspoons garlic, 1 tablespoon ginger, and sugar. Divide into 4 small dipping bowls.
- Thread two meatballs onto each 10 inch skewer. Grill or broil for 10 to 12 minutes, turning occasionally to brown all sides. If broiling, line the broiler pan with aluminum foil and drain fat after 6 minutes.
- To eat, place a leaf of lettuce onto the palm of your hand, spoon on a little rice, then a meat roll, and a few of the vegetables.
- Roll up and dip in dipping sauce or spoon sauce over.

## Nutrition Facts

PROTEIN 36.91% FAT 9.12% CARBS 53.97%

## Properties

Glycemic Index:82.92, Glycemic Load:23.36, Inflammation Score:-10, Nutrition Score:37.744782717332%

## Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 370.36kcal (18.52%), Fat: 3.82g (5.88%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 45.23g (16.45%), Sugar: 6.82g (7.58%), Cholesterol: 62.37mg (20.79%), Sodium: 1207.04mg (52.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Vitamin A: 13900.5IU (278.01%), Manganese: 2.35mg (117.36%), Vitamin C: 80.75mg (97.88%), Vitamin B6: 1.56mg (78.16%), Vitamin B3: 15.12mg (75.6%), Vitamin K: 58.2µg (55.43%), Phosphorus: 475.51mg (47.55%), Selenium: 26.43µg (37.75%), Magnesium: 139.23mg (34.81%), Potassium: 1031.5mg (29.47%), Vitamin B1: 0.44mg (29.23%), Folate: 107.48µg (26.87%), Zinc: 3.61mg (24.07%), Fiber: 5.62g (22.49%), Iron: 3.82mg (21.24%), Vitamin B5: 2.08mg (20.79%), Vitamin B2: 0.35mg (20.62%), Copper: 0.29mg (14.64%), Calcium: 100.19mg (10.02%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.33mg (8.85%), Vitamin D: 0.45µg (3.02%)