



Asian Style Chicken and Pear Lettuce Wraps



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons chili sauce
- ☐ 4 servings cilantro leaves
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 tablespoons ginger grated
- ☐ 1 pound ground chicken dark
- ☐ 2 tablespoons hoisin sauce
- ☐ 12 large romaine leaves red such as bib, butter, or leaf

- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 large pears red such as anjou or bosc, peeled, cored and cut in matchsticks
- ☐ 6 spring onion white green separated thinly sliced
- ☐ 4 servings sesame oil toasted to taste
- ☐ 2 tablespoons soya sauce

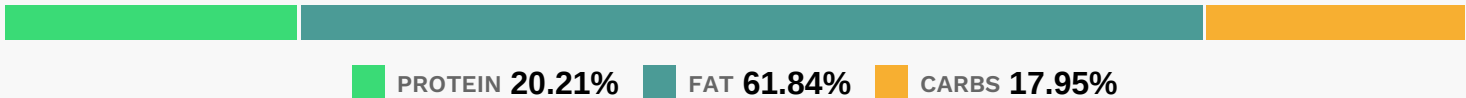
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl, mix the cornstarch with 3 tablespoons of water to form a smooth paste and set aside.
- ☐ Warm the peanut oil in a skillet or wok over medium high heat.
- ☐ Add the garlic, ginger, and white parts of the scallion and stir-fry until fragrant, 2 to 3 minutes.
- ☐ Add the chicken and cook, stirring frequently until it breaks into small pieces and is no longer pink, about 8 minutes.
- ☐ Add the chili sauce, hoisin, and soy sauce, stirring to combine and evenly distribute the ingredients.
- ☐ Add the reserved cornstarch slurry and stir until the sauce is clear. Finish with the reserved scallion greens, pear matchsticks, and a splash of sesame oil.
- ☐ Place a heaping tablespoon of filling in the middle of a lettuce leaf with a few cilantro leaves, if desired. Wrap the lettuce around the contents and eat.
- ☐ USA Pears

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:21.122173682503%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 436.31kcal (21.82%), Fat: 30.62g (47.11%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 16.52g (6.01%), Sugar: 9.65g (10.72%), Cholesterol: 97.76mg (32.59%), Sodium: 775.15mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Vitamin A: 5557.62IU (111.15%), Vitamin K: 43.23µg (41.17%), Vitamin B6: 0.74mg (36.92%), Vitamin B3: 7.34mg (36.71%), Potassium: 909.97mg (26%), Phosphorus: 257.24mg (25.72%), Vitamin C: 20.23mg (24.52%), Vitamin B2: 0.41mg (24.21%), Manganese: 0.4mg (19.84%), Selenium: 12.78µg (18.26%), Vitamin B1: 0.23mg (15.08%), Vitamin E: 2.09mg (13.94%), Fiber: 3.47g (13.89%), Zinc: 2.04mg (13.62%), Vitamin B5: 1.34mg (13.37%), Iron: 2.34mg (12.98%), Magnesium: 48.48mg (12.12%), Folate: 48.25µg (12.06%), Vitamin B12: 0.63µg (10.58%), Copper: 0.18mg (8.81%), Calcium: 60.12mg (6.01%)