



Asian-Style Lettuce Wraps



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups chicken breast shredded cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves finely minced
- ☐ 12 small iceberg lettuce leaves dried rinsed drained
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons sugar

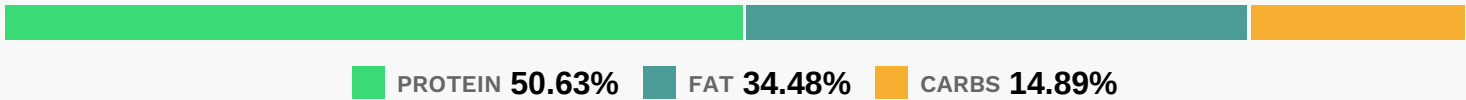
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add shredded chicken and herbs, and toss to combine.
- ☐ Let stand 5 minutes.
- ☐ Spoon about 2 1/2 tablespoons chicken mixture in center of each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:2.7795652423216%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 50.66kcal (2.53%), Fat: 1.93g (2.96%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.94g (1.04%), Cholesterol: 17.5mg (5.83%), Sodium: 163.59mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin B3: 1.93mg (9.64%), Selenium: 5.86µg (8.37%), Vitamin B6: 0.12mg (5.8%), Phosphorus: 55.4mg (5.54%), Vitamin B2: 0.05mg (2.97%), Vitamin K: 3.09µg (2.94%), Zinc: 0.42mg (2.81%), Vitamin C: 2.25mg (2.72%), Potassium: 94mg (2.69%), Vitamin B5: 0.26mg (2.61%), Manganese: 0.05mg (2.61%), Vitamin A: 122.54IU (2.45%), Iron: 0.44mg (2.43%), Magnesium: 9.56mg (2.39%), Folate: 6.93µg (1.73%), Vitamin B1: 0.02mg (1.51%), Copper: 0.02mg (1.2%), Vitamin B12: 0.07µg (1.13%)