



Bison and Water Chestnut Lettuce Cups

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons black bean garlic sauce
- ☐ 1 large head boston lettuce separated
- ☐ 8 oz water chestnuts rinsed drained sliced coarsely chopped canned
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup spring onion sliced
- ☐ 1.5 tablespoons hoisin sauce
- ☐ 1 pound ground beef lean

- ☐ 0.5 cup peanuts unsalted chopped
- ☐ 4 servings sriracha

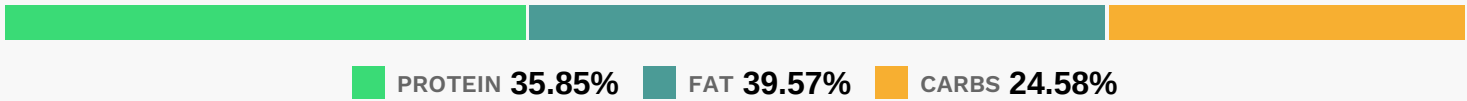
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine bison, ginger, and garlic in a large frying pan over medium heat. Cook, stirring to break up meat, until browned, 6 to 8 minutes.
- ☐ Add bean sauce and hoisin and stir just until combined. Stir in water chestnuts and onions.
- ☐ Spoon bison mixture into a serving bowl. Put peanuts in a small bowl and set lettuce leaves on a platter.
- ☐ Serve with Sriracha.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:23.091739001481%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 344.15kcal (17.21%), Fat: 15.39g (23.67%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 16.32g (5.93%), Sugar: 6.39g (7.1%), Cholesterol: 70.49mg (23.5%), Sodium: 186.8mg (8.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.73%), Vitamin K: 59.52µg (56.68%), Vitamin B3: 9.46mg (47.32%), Zinc: 6.77mg (45.16%), Vitamin B12: 2.54µg (42.34%), Vitamin B6: 0.74mg (37.01%), Phosphorus: 330.26mg (33.03%), Selenium: 22.75µg (32.5%), Manganese: 0.62mg (31.09%), Vitamin A: 1433.43IU (28.67%), Iron: 4.68mg (26.02%), Potassium: 754.94mg (21.57%), Fiber: 5.18g (20.73%), Magnesium: 71.63mg (17.91%), Vitamin B2: 0.29mg (16.94%), Folate: 65.19µg (16.3%), Copper: 0.28mg (14.25%), Vitamin E: 1.8mg (12.01%), Vitamin B5: 1.19mg (11.95%), Vitamin B1: 0.12mg (7.76%), Vitamin C: 5.02mg (6.08%), Calcium: 50.28mg (5.03%)