



## Cherry Chicken Lettuce Wraps

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

READY IN



25 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds toasted sliced
- 2 tablespoons canola oil
- 1.5 cups carrots shredded
- 1 tablespoon ginger root fresh minced
- 0.5 cup green onion chopped
- 1 tablespoon honey
- 12 leaves lettuce
- 2 tablespoons rice vinegar

- 1.3 pounds chicken breast halves boneless skinless cut into bite size pieces
- 1 pound cherries dark sweet pitted halved
- 2 tablespoons teriyaki sauce

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat 1 tablespoon oil in a large skillet over medium high heat.
- Add ginger and chicken and saute until cooked through, about 7 to 10 minutes. Set aside.
- In a large bowl, whisk together remaining 1 tablespoon oil, vinegar, teriyaki sauce and honey until mixed together.
- Add chicken mixture, cherries, carrot, green onion and almonds; toss together.
- Serve: Spoon 1/12 of the chicken/cherry mixture onto the center of each lettuce leaf; roll up leaf around filling and serve.

## Nutrition Facts



## Properties

Glycemic Index:43.35, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:19.998260762381%

## Flavonoids

Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## **Nutrients (% of daily need)**

Calories: 262.1kcal (13.11%), Fat: 9.94g (15.29%), Saturated Fat: 1.12g (7%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.81g (6.48%), Sugar: 15.67g (17.41%), Cholesterol: 60.48mg (20.16%), Sodium: 364.88mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin A: 5586.11IU (111.72%), Vitamin B3: 10.62mg (53.12%), Selenium: 30.68µg (43.82%), Vitamin B6: 0.82mg (40.83%), Vitamin K: 30.44µg (28.99%), Phosphorus: 266.38mg (26.64%), Potassium: 723.17mg (20.66%), Vitamin E: 2.65mg (17.64%), Vitamin B5: 1.65mg (16.46%), Magnesium: 57.6mg (14.4%), Fiber: 3.57g (14.27%), Manganese: 0.27mg (13.57%), Vitamin C: 10.4mg (12.61%), Vitamin B2: 0.21mg (12.52%), Vitamin B1: 0.13mg (8.38%), Copper: 0.16mg (7.95%), Iron: 1.22mg (6.79%), Folate: 25.78µg (6.45%), Zinc: 0.91mg (6.08%), Calcium: 49.96mg (5%), Vitamin B12: 0.19µg (3.15%)