



Chicken-Filled Lettuce Wraps

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon ginger grated
- ☐ 0.3 cup satay sauce
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked
- ☐ 12 leaves boston lettuce ()
- ☐ 1 cup mangos fresh diced (1 mango)

- ☐ 1 medium bell pepper red cut into bite-size strips (1 cup)
- ☐ 1 cup snow peas fresh diagonally sliced (strings removed)
- ☐ 0.5 cup peanuts coarsely chopped

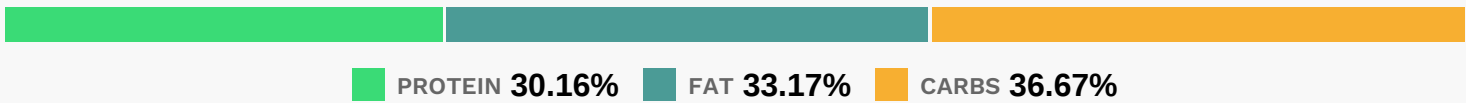
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix marmalade, lime juice, soy sauce and gingerroot; set aside.
- ☐ In medium bowl, mix peanut sauce and 1 tablespoon of the marmalade mixture. Stir in chicken until coated.
- ☐ Spoon about 2 tablespoons chicken mixture onto center of each lettuce leaf; place on large platter. Top with mango, bell pepper, pea pods, peanuts and marmalade mixture. To eat, wrap lettuce around chicken mixture and toppings.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:8.5908696353436%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 4.91g (7.56%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.75g (3.91%), Sugar: 9.31g (10.34%), Cholesterol: 19.83mg (6.61%), Sodium: 201.8mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Vitamin C: 23.96mg (29.04%), Vitamin B3: 4.53mg (22.63%), Vitamin A: 1055.87IU (21.12%), Vitamin K: 18.53µg (17.65%), Manganese: 0.24mg (12.04%), Vitamin B6: 0.24mg (11.85%), Folate: 41.59µg (10.4%), Selenium: 7.18µg (10.26%), Phosphorus: 93.09mg (9.31%), Magnesium:

25.59mg (6.4%), Potassium: 209.33mg (5.98%), Vitamin B1: 0.09mg (5.94%), Fiber: 1.46g (5.86%), Iron: 0.95mg (5.29%), Copper: 0.1mg (5.13%), Vitamin B5: 0.48mg (4.84%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.46mg (3.09%), Vitamin E: 0.41mg (2.74%), Calcium: 24.78mg (2.48%), Vitamin B12: 0.08µg (1.32%)