



Chicken Lettuce Cups

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mushrooms canned chopped
- 1 Handful cilantro leaves fresh coarsely chopped
- 2 teaspoons ginger fresh minced
- 2 cloves garlic minced
- 1 tablespoon hoisin sauce
- 8 inner leaves iceberg lettuce chilled trimmed
- 2 tablespoons soy sauce light
- 0.3 cup onion red minced

- 2 tablespoons rice vinegar
- 0.3 cup roasted cashews unsalted coarsely chopped
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless minced
- 0.5 teaspoon sugar
- 3 tablespoons vegetable oil
- 0.5 cup water chestnuts minced

Equipment

- bowl
- wok

Directions

- Combine the soy sauce, hoisin sauce, rice vinegar, salt, and sugar in a small bowl and mix together until the sugar dissolves.
- Heat 1 tablespoon of the oil in a wok over high heat. Stir-fry the garlic and ginger for 10 seconds.
- Add the onion, mushrooms, and water chestnuts and stir-fry for 2 minutes.
- Remove the contents of the wok.
- Heat the remaining 2 tablespoons of oil in the wok. Swish the oil around, add the chicken, and brown for 1 minute, or until no longer pink.
- Add the cooked vegetable mixture back to the wok, decrease the heat, and stir in the sauce mixture. Stir for 1 minute, or until the sauce is heated and the chicken is cooked through.
- Spoon the filling in equal amounts into the lettuce cups. Top each lettuce cup with cilantro and sprinkle with chopped cashews.
- Serve warm.
- Reprinted with permission from Feeding The Dragon: A Culinary Travelogue Through China with Recipes by Mary Kate Tate & Nate Tate, (C) © 2011 Andrews McMeel Publishing, LLC

Nutrition Facts



■ PROTEIN 34.42% ■ FAT 48.14% ■ CARBS 17.44%

Properties

Glycemic Index:75.77, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:18.069130322208%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 324.31kcal (16.22%), Fat: 17.42g (26.8%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 11.92g (4.34%), Sugar: 4.66g (5.17%), Cholesterol: 72.69mg (24.23%), Sodium: 998.87mg (43.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Vitamin B3: 13.44mg (67.2%), Selenium: 40.33µg (57.62%), Vitamin B6: 1.03mg (51.56%), Phosphorus: 332.93mg (33.29%), Vitamin K: 29.1µg (27.71%), Vitamin B5: 2.23mg (22.26%), Potassium: 677.72mg (19.36%), Copper: 0.38mg (18.86%), Magnesium: 64.33mg (16.08%), Vitamin B2: 0.27mg (15.96%), Manganese: 0.27mg (13.68%), Zinc: 1.55mg (10.36%), Iron: 1.84mg (10.23%), Vitamin E: 1.42mg (9.49%), Fiber: 2.28g (9.12%), Vitamin B1: 0.14mg (9.07%), Folate: 27.55µg (6.89%), Vitamin C: 4.67mg (5.66%), Vitamin B12: 0.24µg (3.94%), Vitamin A: 182.46IU (3.65%), Calcium: 25.17mg (2.52%), Vitamin D: 0.16µg (1.08%)