



## Chicken Lettuce Cups

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup artichoke hearts   canned drained coarsely chopped
- ☐ 8   bibb lettuce leaves
- ☐ 0.3 teaspoon pepper   black freshly ground
- ☐ 1 tablespoon flat-leaf parsley   fresh chopped
- ☐ 10   olives   green pitted chopped
- ☐ 1 pound ground chicken
- ☐ 1 tablespoon juice of lemon   fresh
- ☐ 3 ounces mozzarella cheese   fresh diced

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup tomatoes diced

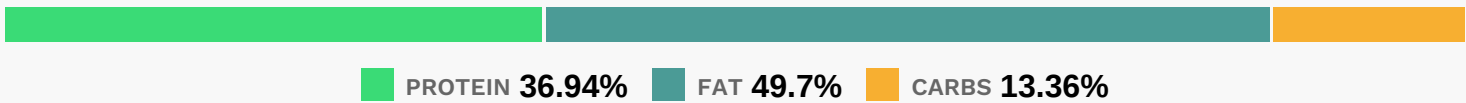
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken, pepper, and salt to pan; cook for 3 minutes, stirring to crumble. Stir in onion and next 5 ingredients (through olives); cook for 3 minutes or until chicken is done. Stir in cheese and juice. Spoon 1/4 cup chicken mixture into each lettuce leaf.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:17.541739062123%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

## Nutrients (% of daily need)

Calories: 282.09kcal (14.1%), Fat: 15.67g (24.1%), Saturated Fat: 5.66g (35.38%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 6.39g (2.33%), Sugar: 3.16g (3.51%), Cholesterol: 114.32mg (38.11%), Sodium: 678.68mg (29.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Vitamin K: 57.5µg (54.76%), Vitamin B6: 0.69mg (34.38%), Vitamin B3: 6.65mg (33.26%), Phosphorus: 304.18mg (30.42%), Vitamin A: 1361.42IU (27.23%), Potassium: 791mg (22.6%), Selenium: 15.72µg (22.45%), Vitamin B2: 0.37mg (21.98%), Vitamin B12: 1.12µg (18.66%),

Zinc: 2.48mg (16.56%), Calcium: 162.18mg (16.22%), Vitamin B5: 1.4mg (13.95%), Fiber: 3.08g (12.31%), Vitamin B1: 0.18mg (11.68%), Iron: 2.09mg (11.62%), Manganese: 0.22mg (11.05%), Magnesium: 42.41mg (10.6%), Vitamin C: 8.16mg (9.89%), Folate: 39.07µg (9.77%), Vitamin E: 1.08mg (7.22%), Copper: 0.13mg (6.28%)