



Chicken Lettuce Wraps

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

READY IN



35 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce water chestnuts chopped canned
- 1 clove garlic crushed peeled
- 2 pounds ground chicken lean
- 1 tablespoon soya sauce light
- 3 tablespoons white wine
- 6 large mushrooms dried chinese
- 8 servings drizzle of olive oil extra-virgin
- 0.5 large onion peeled finely chopped

- 1 tablespoon oyster sauce
- 2 tablespoons plum sauce
- 2 heads radicchio thinly separated
- 1 tablespoon sesame oil
- 1 tablespoon sesame seed
- 6 spring onion chopped (scallions)

Equipment

- frying pan

Directions

- Soak the Chinese mushrooms in hot water until soft, about 5 minutes. Then finely chop.
- Heat the olive oil in a large nonstick pan and cook the onion for a few minutes.
- Add the mushrooms and cook for another 2 minutes.
- Add the ground chicken and cook for 4 to 6 minutes, mixing the meat with the other ingredients as it cooks, so it breaks up into little pieces.
- Add the mirin or wine followed by the sesame oil, sesame seeds, oyster sauce, soy sauce, water chestnuts and garlic. Cook for a few minutes and let the mixture caramelize.
- Add the spring onions and remove from the heat.
- Spread a bit of plum sauce on the inside of each radicchio leaf. Then top with a spoonful of the chicken mixture. A viewer or guest of the show, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:20.116087052485%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.93mg, Quercetin: 24.93mg, Quercetin: 24.93mg, Quercetin: 24.93mg

Nutrients (% of daily need)

Calories: 372.17kcal (18.61%), Fat: 25.78g (39.66%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 11.15g (4.05%), Sugar: 2.56g (2.84%), Cholesterol: 97.52mg (32.51%), Sodium: 302.92mg (13.17%), Alcohol: 0.58g (100%), Alcohol %: 0.26% (100%), Protein: 22.48g (44.97%), Vitamin K: 206.85µg (197%), Vitamin B3: 7.56mg (37.82%), Vitamin B6: 0.75mg (37.47%), Vitamin E: 4.21mg (28.04%), Potassium: 977.49mg (27.93%), Phosphorus: 271.58mg (27.16%), Copper: 0.47mg (23.74%), Vitamin B2: 0.4mg (23.33%), Selenium: 14.75µg (21.07%), Vitamin B5: 1.78mg (17.83%), Zinc: 2.52mg (16.79%), Folate: 58.22µg (14.56%), Iron: 2.32mg (12.91%), Manganese: 0.25mg (12.51%), Vitamin B1: 0.17mg (11.61%), Magnesium: 45.2mg (11.3%), Vitamin C: 9.06mg (10.98%), Vitamin B12: 0.65µg (10.85%), Fiber: 2.49g (9.94%), Calcium: 43.77mg (4.38%), Vitamin A: 110.98IU (2.22%)