



Chicken Lettuce Wraps with Peanut-Miso Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups julienne-cut carrot (2-inch)
- ☐ 1 cup julienne-cut cucumber peeled seeded (2-inch)
- ☐ 1 cup bean sprouts fresh
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 2 cups julienne-cut jicama peeled (2-inch)
- ☐ 2 teaspoons juice of lime fresh

- ☐ 0.3 cup peanut butter reduced-fat
- ☐ 1 cup cabbage shredded red
- ☐ 12 romaine lettuce leaves
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons water
- ☐ 3 tablespoons miso yellow (soybean paste)

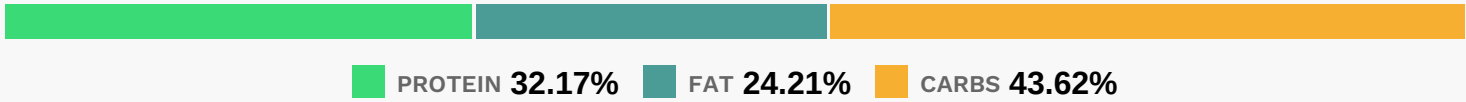
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well with a whisk. Set aside.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until done.
- ☐ Cut the chicken into 1/8-inch-thick slices.
- ☐ Cut off the raised portion of the main vein of each lettuce leaf. Divide chicken evenly among lettuce leaves; top with carrot, jicama, cucumber, bean sprouts, and cabbage, dividing evenly.
- ☐ Roll up, and secure with a pick.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:25.98130456261%

Flavonoids

Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 276.97kcal (13.85%), Fat: 7.75g (11.92%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 24.89g (9.05%), Sugar: 18.54g (20.61%), Cholesterol: 48.38mg (16.13%), Sodium: 524.15mg (22.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.34%), Vitamin A: 12247.98IU (244.96%), Vitamin K: 78.92µg (75.16%), Vitamin B3: 10.96mg (54.8%), Vitamin B6: 0.81mg (40.44%), Selenium: 26.77µg (38.24%), Vitamin C: 26.47mg (32.09%), Folate: 119.55µg (29.89%), Phosphorus: 284.08mg (28.41%), Manganese: 0.57mg (28.34%), Fiber: 6.52g (26.09%), Potassium: 835.46mg (23.87%), Magnesium: 75.46mg (18.87%), Vitamin B5: 1.67mg (16.66%), Vitamin E: 2.05mg (13.67%), Vitamin B1: 0.2mg (13.6%), Vitamin B2: 0.22mg (13.07%), Copper: 0.26mg (12.97%), Iron: 2.08mg (11.58%), Zinc: 1.53mg (10.22%), Calcium: 64.73mg (6.47%), Vitamin B12: 0.16µg (2.63%)