



Chicken Lettuce Wraps with Sweet and Spicy Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 boston lettuce leaves
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 cup water chestnuts canned drained sliced
- ☐ 2 cups carrots
- ☐ 8 ounces chicken breast strips/pre-cooked/chopped (such as Louis Rich)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon pepper red crushed

- ☐ 1 teaspoon sesame oil dark
- ☐ 3 tablespoons roasted peanuts unsalted
- ☐ 1 teaspoon ground ginger fresh (such as Spice World)
- ☐ 3 tablespoons hoisin sauce
- ☐ 2 teaspoons soy sauce low-sodium

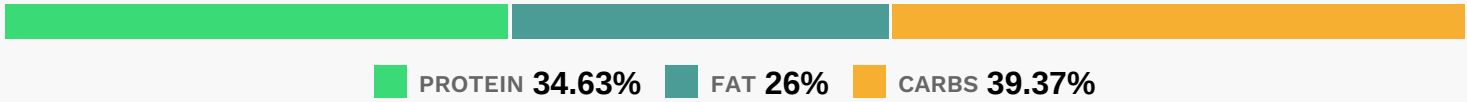
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place peanuts in a small nonstick skillet over medium-high heat; cook 3 minutes or until lightly browned, shaking pan frequently.
- ☐ Remove pan from heat; set aside.
- ☐ Combine hoisin, vinegar, soy sauce, ginger, oil, pepper, and garlic in a small bowl, stirring well with a whisk.
- ☐ Combine peanuts, coleslaw, water chestnuts, and chicken in a medium bowl; toss well.
- ☐ Spoon about 1/3 cup chicken salad in the center of each lettuce leaf; top each with 2 teaspoons sauce.
- ☐ Roll up; secure with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:21.021738980127%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 254.69kcal (12.73%), Fat: 7.48g (11.51%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 19.8g (7.2%), Sugar: 8.99g (9.98%), Cholesterol: 48.55mg (16.18%), Sodium: 416.74mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.83%), Vitamin A: 12269.2IU (245.38%), Vitamin K: 55.3µg (52.66%), Vitamin B3: 10.25mg (51.26%), Manganese: 0.69mg (34.51%), Vitamin B6: 0.65mg (32.61%), Selenium: 17.82µg (25.46%), Fiber: 5.68g (22.73%), Phosphorus: 224.36mg (22.44%), Potassium: 661.75mg (18.91%), Folate: 65.83µg (16.46%), Iron: 2.6mg (14.45%), Magnesium: 53.67mg (13.42%), Vitamin B2: 0.19mg (11.38%), Copper: 0.23mg (11.27%), Vitamin B5: 1.04mg (10.43%), Vitamin B1: 0.14mg (9.64%), Zinc: 1.39mg (9.28%), Vitamin E: 1.25mg (8.34%), Vitamin C: 6.82mg (8.27%), Calcium: 63.91mg (6.39%), Vitamin B12: 0.19µg (3.21%)