Chicken Mango Lettuce Wraps

Gluten Free Dairy Free Popular

READY IN	SERVINGS	CALORIES
25 min.	4	314 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 pound ground chicken (I use ground chicken thighs f flavor)
- [ ] 2 teaspoons soya sauce gluten-free (use soy sauce if cooking)
- [ ] 1 teaspoon cornstarch (or potato or rice starch)
- [ ] 1 teaspoon cooking oil (peanut oil or canola)
- [ ] 2 green onions chopped
- [ ] 4 ounces mushroom caps fresh sliced
- [ ] 2 teaspoons seasoned rice vinegar
- [ ] 0.5 teaspoon sesame oil toasted

- [ ] 1 large mangos diced (see How to Cut a Mango)
- [ ] 1 head boston lettuce separated rinsed

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] wooden spoon
- [ ] wok

Directions

- [ ] Place the ground chicken, soy sauce, and cornstarch in a large bowl.
- [ ] Mix to combine.
- [ ] Sauté shiitake mushrooms and green onions:
- [ ] Heat a wok or a large sauté pan on medium heat. Once the pan is hot, add the oil.
- [ ] Add the green onions and sliced shiitakes.
- [ ] Let cook for about a minute.
- [ ] Add chicken mixture: Increase the heat to high, and add the ground chicken, soy sauce, cornstarch mixture. Use a wooden spoon to break up the ground chicken and spread around the pan. Stir fry in this way for 5 to 7 minutes until the chicken is cooked through.
- [ ] Add the seasoned rice vinegar, sesame oil, and diced mango.
- [ ] Remove from heat. Adjust seasonings (rice vinegar, sesame oil, soy sauce) to taste.
- [ ] Scoop spoonfuls into the cups formed by the lettuce leaves to serve.
- [ ] Options - stir in a small spoonful of chili sauce, or add a few chili pepper flakes to the oil as it is heating. Top with some fresh cilantro leaves. Experiment with other meats such as lamb, turkey, beef, or pork. Try subbing out the mango with mandarin orange slices.

Nutrition Facts

PROTEIN **25.84%** FAT **59.06%** CARBS **15.1%**

Properties

Glycemic Index:45.19, Glycemic Load:4.09, Inflammation Score:-9, Nutrition Score:17.436956654424%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 313.66kcal (15.68%), Fat: 20.78g (31.96%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 9.77g (3.55%), Sugar: 8.34g (9.27%), Cholesterol: 111.13mg (37.04%), Sodium: 261.06mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Vitamin K: 59.44µg (56.61%), Vitamin A: 2057.85IU (41.16%), Vitamin B3: 7.01mg (35.04%), Selenium: 23.46µg (33.52%), Vitamin B6: 0.58mg (28.83%), Vitamin C: 21.47mg (26.03%), Phosphorus: 237.9mg (23.79%), Vitamin B5: 1.76mg (17.56%), Folate: 63.47µg (15.87%), Vitamin B2: 0.27mg (15.62%), Potassium: 525.56mg (15.02%), Zinc: 1.87mg (12.5%), Vitamin B12: 0.73µg (12.1%), Manganese: 0.22mg (10.76%), Magnesium: 40.13mg (10.03%), Iron: 1.63mg (9.04%), Vitamin B1: 0.13mg (8.73%), Fiber: 2.17g (8.68%), Copper: 0.17mg (8.57%), Vitamin E: 0.99mg (6.61%), Calcium: 34.67mg (3.47%), Vitamin D: 0.23µg (1.51%)