



WHATSheATE



Chicken, Rice, and Mango in Lettuce Wraps



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb boston lettuce separated
- ☐ 2 cups chicken breast strips/pre-cooked/chopped shredded
- ☐ 0.5 cucumber seedless cored halved lengthwise cut into 1/-thick matchsticks (usually plastic-wrapped)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup ginger fresh peeled finely chopped (from a 2- by 3-inch piece)
- ☐ 2 garlic clove chopped
- ☐ 1 cup jasmine rice
- ☐ 0.3 cup grilled chicken shredded with mesclun salad)

- ☐ 1 lb mangos pitted peeled cut into 1/8-inch-thick matchsticks
- ☐ 6 tablespoons mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 3 spring onion cut into 3-inch-long thin strips
- ☐ 0.5 cup seasoned rice vinegar
- ☐ 0.5 teaspoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 1.8 cups water

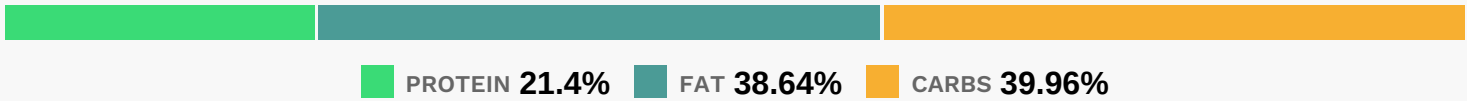
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Wash rice in 3 or 4 changes of cold water in a large bowl until water is clear, then drain well in a large sieve. Bring 1 3/4 cups water and 1/4 teaspoon salt to a boil, then add rice and cook, covered tightly, over low heat until water is absorbed and rice is tender, about 20 minutes.
- ☐ Remove from heat and let stand, covered and undisturbed, 10 minutes. Fluff rice with a fork and transfer to a bowl to cool to warm.
- ☐ Purée all dressing ingredients in a blender until smooth, about 1 minute.
- ☐ Toss shredded chicken with lime vinaigrette.
- ☐ Put chicken and remaining wrap ingredients in bowls on a large platter with ginger dressing on the side.

Nutrition Facts



Properties

Glycemic Index:84.23, Glycemic Load:30.71, Inflammation Score:-10, Nutrition Score:30.280434525531%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 608.73kcal (30.44%), Fat: 25.99g (39.98%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 56.39g (20.5%), Sugar: 17.74g (19.71%), Cholesterol: 77.07mg (25.69%), Sodium: 1166.87mg (50.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Vitamin K: 167.36µg (159.39%), Vitamin A: 4341.11IU (86.82%), Vitamin B3: 13.05mg (65.27%), Vitamin C: 48.47mg (58.76%), Manganese: 0.92mg (46.19%), Selenium: 31.56µg (45.09%), Vitamin B6: 0.83mg (41.54%), Folate: 131.92µg (32.98%), Phosphorus: 321.29mg (32.13%), Potassium: 808.94mg (23.11%), Magnesium: 74.23mg (18.56%), Copper: 0.37mg (18.49%), Vitamin B5: 1.84mg (18.36%), Vitamin E: 2.68mg (17.88%), Iron: 3.21mg (17.84%), Fiber: 4.1g (16.38%), Vitamin B2: 0.27mg (15.76%), Vitamin B1: 0.2mg (13.36%), Zinc: 1.92mg (12.8%), Calcium: 94.27mg (9.43%), Vitamin B12: 0.3µg (4.95%)