



Chinese Chicken and Mushroom Lettuce Cups

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 24 boston lettuce leaves
- 8 ounces crimini mushrooms minced
- 0.1 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic clove minced
- 1 cup spring onion minced
- 1 pound ground chicken
- 0.3 teaspoon kosher salt

- 2 tablespoons soy sauce low-sodium
- 3 cups napa cabbage shredded chinese ()
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 2.5 ounces mushroom caps minced
- 8 ounce water chestnuts whole minced drained canned

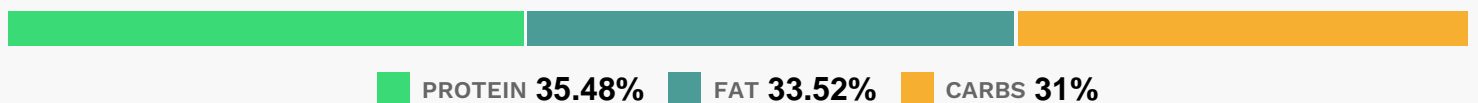
Equipment

- frying pan
- ziploc bags
- microwave
- slotted spoon

Directions

- Heat 1 teaspoon sesame oil in a large nonstick skillet over medium heat.
- Add garlic, and cook for 2 minutes.
- Add cremini and shiitake mushrooms and chicken; cook for 8 minutes, stirring occasionally.
- Add shredded cabbage, kosher salt, crushed red pepper, and water chestnuts; cook for 5 minutes or until cabbage wilts.
- Remove from heat, and stir in onions, oyster sauce, and soy sauce. Cool completely.
- Place mixture in an airtight container or heavy-duty zip-top plastic bag; freeze.
- Thaw chicken mixture overnight in refrigerator or microwave at MEDIUM for 10 minutes. Bring to room temperature, or microwave at HIGH until warm, if desired. Stir in cilantro. Spoon about 3 tablespoons chicken mixture into each lettuce leaf with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:17.381739168063%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 137.73kcal (6.89%), Fat: 5.41g (8.32%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 8.5g (3.09%), Sugar: 2.94g (3.27%), Cholesterol: 48.76mg (16.25%), Sodium: 387.19mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.75%), Vitamin K: 86.35µg (82.23%), Vitamin A: 1748.76IU (34.98%), Vitamin B6: 0.55mg (27.54%), Vitamin B3: 5.21mg (26.05%), Vitamin B2: 0.38mg (22.07%), Selenium: 14.88µg (21.25%), Potassium: 735.75mg (21.02%), Folate: 77.51µg (19.38%), Phosphorus: 190.8mg (19.08%), Manganese: 0.31mg (15.55%), Vitamin C: 12.77mg (15.48%), Copper: 0.28mg (13.83%), Vitamin B5: 1.37mg (13.7%), Zinc: 1.66mg (11.07%), Fiber: 2.75g (11%), Iron: 1.93mg (10.71%), Vitamin B1: 0.14mg (9.57%), Magnesium: 33.95mg (8.49%), Calcium: 62.24mg (6.22%), Vitamin B12: 0.36µg (6.07%), Vitamin E: 0.61mg (4.06%)