



Chinese Chicken and Persimmon Lettuce Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 boston lettuce leaves
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 cup fuyu persimmon pulp ripe peeled chopped (2)
- ☐ 0.5 cup spring onion minced
- ☐ 1 pound ground chicken
- ☐ 3 tablespoons soy sauce low-sodium

- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon oyster sauce
- ☐ 1.5 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup water chestnuts chopped

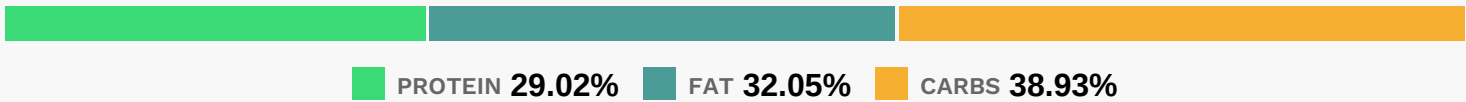
Equipment

- ☐ frying pan

Directions

- ☐ Heat peanut oil in a large skillet over medium-high heat.
- ☐ Add onions, cornstarch, and chicken to pan; saut for 4 minutes or until chicken is done, stirring to crumble.
- ☐ Add persimmon, water chestnuts, ginger, soy sauce, juice, and oyster sauce to pan; cook for 2 minutes.
- ☐ Remove from heat. Spoon 1/4 cup chicken mixture into center of each lettuce leaf; roll up jelly-roll fashion.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:10.59, Inflammation Score:-8, Nutrition Score:20.081304218458%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 300.59kcal (15.03%), Fat: 11.15g (17.15%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.39g (10.32%), Sugar: 2.6g (2.89%), Cholesterol: 97.52mg (32.51%), Sodium: 631.52mg (27.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.43%), Vitamin K: 72.92µg (69.45%), Vitamin C: 47.96mg (58.13%), Vitamin B6: 0.72mg (36.07%), Vitamin B3: 6.96mg (34.79%), Vitamin A: 1632.03IU (32.64%),

Potassium: 1037.84mg (29.65%), Phosphorus: 268.26mg (26.83%), Vitamin B2: 0.36mg (21.14%), Iron: 3.74mg (20.77%), Selenium: 12.53µg (17.9%), Vitamin B5: 1.44mg (14.36%), Zinc: 2.08mg (13.88%), Folate: 53.22µg (13.31%), Vitamin B1: 0.17mg (11.62%), Manganese: 0.22mg (11.16%), Magnesium: 44.6mg (11.15%), Vitamin B12: 0.65µg (10.89%), Fiber: 2.08g (8.32%), Copper: 0.16mg (7.8%), Vitamin E: 0.97mg (6.46%), Calcium: 55.49mg (5.55%)