



Chinese Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound boston lettuce separated rinsed
- 0.3 cup water chestnuts canned finely chopped
- 1 tablespoon cornstarch
- 3 tablespoons cooking sherry dry
- 0.3 cup green onions thinly sliced (including tops)
- 1 pound ground beef lean
- 1 cup mushrooms finely chopped
- 1 ounce rice noodles dried thin (rice sticks or mai fun)

- 4 servings salad oil
- 2 tablespoons soya sauce

Equipment

- bowl
- frying pan
- paper towels
- wok
- slotted spoon

Directions

- Pour about 1 inch oil into a 14-inch wok or a 5- to 6-quart pan over high heat. When oil reaches 375, add noodles in 2 equal batches, turning over once until they puff, almost immediately. Lift from pan with a slotted spoon and drain on paper towels.
- In a 10- to 12-inch frying pan over high heat, stir and crumble beef until small pieces.
- Add mushrooms, water chestnuts, green onions, 2 tablespoons soy sauce, and chili flakes. Stir often until juices evaporate and mixture is lightly browned, 5 to 7 minutes.
- Meanwhile, in a small bowl, blend cornstarch and sherry until smooth.
- Add to pan and stir until mixture boils.
- Remove from heat and add more soy sauce to taste.
- Pour into a bowl. Put noodles and lettuce in separate bowls.
- For each portion, spoon noodles and meat mixture onto a lettuce leaf and roll up to eat.

Nutrition Facts

 **PROTEIN 31.5%**  **FAT 50.54%**  **CARBS 17.96%**

Properties

Glycemic Index:38, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:26.58521733595%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 364.54kcal (18.23%), Fat: 20.08g (30.9%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 13.42g (4.88%), Sugar: 2.72g (3.02%), Cholesterol: 70.31mg (23.44%), Sodium: 601.69mg (26.16%), Alcohol: 1.16g (100%), Alcohol %: 0.46% (100%), Protein: 28.17g (56.33%), Vitamin K: 143.68µg (136.84%), Vitamin A: 3838.83IU (76.78%), Vitamin B12: 2.55µg (42.5%), Zinc: 6.37mg (42.49%), Vitamin B3: 8.03mg (40.17%), Selenium: 24.11µg (34.44%), Vitamin B6: 0.64mg (31.95%), Phosphorus: 316.15mg (31.62%), Iron: 4.91mg (27.27%), Folate: 101.5µg (25.38%), Potassium: 825.47mg (23.58%), Vitamin B2: 0.38mg (22.34%), Vitamin E: 3.17mg (21.11%), Manganese: 0.36mg (18.18%), Vitamin B5: 1.35mg (13.48%), Magnesium: 50.66mg (12.66%), Copper: 0.24mg (11.86%), Fiber: 2.64g (10.57%), Vitamin B1: 0.15mg (9.76%), Vitamin C: 6.64mg (8.05%), Calcium: 61.87mg (6.19%), Vitamin D: 0.16µg (1.08%)