



Crisp Lamb Lettuce Wraps

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 boston lettuce leaves
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup cucumber chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.8 teaspoon kosher salt
- ☐ 6 ounces lamb lean
- ☐ 2 tablespoons torn mint leaves
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup pepper hummus red (such as Tribe)
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.5 cup tomatoes chopped

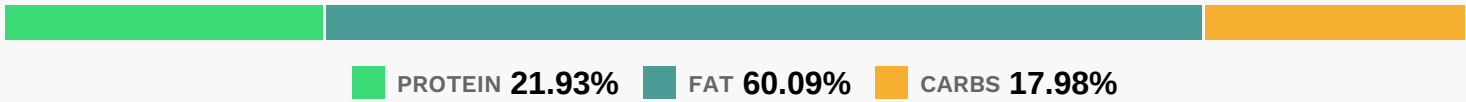
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 5 ingredients (through lamb) to pan; saut 5 minutes or until lamb is done.
- ☐ Combine parsley, tomato, and cucumber in a medium bowl. Stir in lamb mixture.
- ☐ Combine yogurt and hummus in a small bowl.
- ☐ Place about 1/4 cup lamb mixture in each lettuce leaf. Top each wrap with 1 tablespoon hummus mixture. Divide mint and pine nuts evenly among wraps.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.4, Inflammation Score:-9, Nutrition Score:13.793478209039%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 0.46mg,

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 12.86g (19.79%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.24g (2.27%), Sugar: 3.68g (4.09%), Cholesterol: 31.67mg (10.56%), Sodium: 483.36mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.13%), Vitamin K: 160.13µg (152.51%), Vitamin A: 2194.61IU (43.89%), Vitamin C: 30.35mg (36.79%), Manganese: 0.54mg (27.06%), Folate: 54.98µg (13.74%), Iron: 2mg (11.14%), Fiber: 2.41g (9.66%), Potassium: 314.45mg (8.98%), Vitamin B6: 0.16mg (8.16%), Phosphorus: 72.25mg (7.22%), Magnesium: 27.36mg (6.84%), Calcium: 67.62mg (6.76%), Vitamin E: 0.97mg (6.46%), Vitamin B2: 0.1mg (5.99%), Copper: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.08%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.9µg (2.72%), Vitamin B12: 0.09µg (1.46%)