



Crispy Ginger-and-Garlic Asian Turkey Lettuce Wraps



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 3 tablespoons creamy peanut butter
- ☐ 2 tablespoons ginger fresh minced
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 cup hoisin sauce

- ☐ 1 head iceberg lettuce separated
- ☐ 20 ounce pd of ground turkey lean
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 cup mushroom caps chopped
- ☐ 0.3 cup teriyaki sauce
- ☐ 0.5 cup water

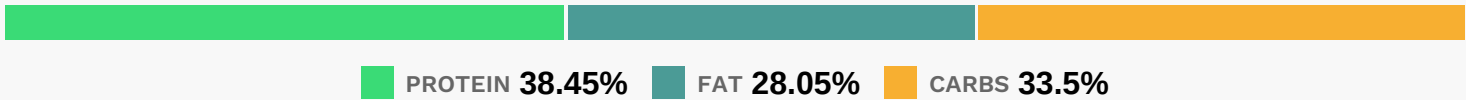
Equipment

- ☐ frying pan

Directions

- ☐ Cook carrots and 1/2 cup water in a large nonstick skillet over high heat, stirring occasionally, 3 to 5 minutes or until carrots are softened and water is evaporated.
- ☐ Remove from skillet.
- ☐ Reduce heat to medium. Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink.
- ☐ Add carrots, mushrooms, and next 8 ingredients. Increase heat to medium-high, and cook, stirring constantly, 4 minutes.
- ☐ Add green onions, and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up.
- ☐ Serve with hoisin sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:50.37, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:25.944782505865%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 336.19kcal (16.81%), Fat: 10.88g (16.74%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 23.46g (8.53%), Sugar: 13.32g (14.8%), Cholesterol: 62.78mg (20.93%), Sodium: 1089.77mg (47.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.12%), Vitamin B3: 15.04mg (75.21%), Vitamin B6: 1.38mg (69.15%), Vitamin A: 2808.56IU (56.17%), Vitamin K: 49.02µg (46.68%), Phosphorus: 422.56mg (42.26%), Selenium: 29.46µg (42.09%), Manganese: 0.57mg (28.34%), Potassium: 908.56mg (25.96%), Fiber: 5.77g (23.08%), Magnesium: 89.79mg (22.45%), Zinc: 3.3mg (22%), Vitamin B5: 2.08mg (20.83%), Vitamin B2: 0.34mg (20.08%), Folate: 72.44µg (18.11%), Copper: 0.33mg (16.73%), Iron: 2.98mg (16.57%), Vitamin E: 1.73mg (11.52%), Vitamin B1: 0.17mg (11.12%), Vitamin B12: 0.58µg (9.64%), Vitamin C: 7.32mg (8.87%), Calcium: 56.37mg (5.64%), Vitamin D: 0.63µg (4.23%)