



Curried Rice Noodles in Lettuce Wraps



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 boston lettuce leaves
- ☐ 1 cup carrots grated
- ☐ 2.5 teaspoons madras curry powder
- ☐ 1.5 cups bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 4 garlic cloves minced

- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 1.5 cups napa cabbage chinese thinly sliced ()
- ☐ 2.5 teaspoons olive oil
- ☐ 1.3 cups thinly onion vertically sliced
- ☐ 4 ounces rice sticks uncooked
- ☐ 2.5 tablespoons sake (rice wine)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Place noodles in a large bowl. Cover with boiling water; let stand 20 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Heat oil in a wok or large skillet over medium-high heat.
- ☐ Add onion, ginger, curry powder, and garlic to pan; stir-fry 3 minutes.
- ☐ Add carrot; stir-fry 1 1/2 minutes.
- ☐ Add cabbage and 1 1/2 tablespoons water; cook 2 minutes, stirring often.
- ☐ Remove from heat.
- ☐ Combine cilantro and next 5 ingredients (through pepper) in a bowl, stirring until sugar dissolves.
- ☐ Add the noodles, cilantro mixture, and 1 1/2 cups bean sprouts to pan; toss to combine. Spoon 1/3 cup noodle mixture on each lettuce leaf; roll up.

Nutrition Facts



 PROTEIN **11.42%**  FAT **14.32%**  CARBS **74.26%**

Properties

Glycemic Index:43.89, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:9.3899998664856%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 103.62kcal (5.18%), Fat: 1.62g (2.49%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 16.83g (6.12%), Sugar: 3.3g (3.67%), Cholesterol: 0mg (0%), Sodium: 270.49mg (11.76%), Alcohol: 0.75g (100%), Alcohol %: 0.8% (100%), Protein: 2.9g (5.81%), Vitamin A: 3260.05IU (65.2%), Vitamin K: 33.17µg (31.59%), Manganese: 0.38mg (18.85%), Vitamin C: 10.49mg (12.71%), Folate: 45.77µg (11.44%), Vitamin B6: 0.17mg (8.54%), Fiber: 2.05g (8.21%), Potassium: 237.18mg (6.78%), Phosphorus: 59.14mg (5.91%), Magnesium: 20.82mg (5.2%), Copper: 0.1mg (5.18%), Iron: 0.91mg (5.03%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.08mg (4.44%), Selenium: 2.99µg (4.27%), Calcium: 41.53mg (4.15%), Vitamin B3: 0.75mg (3.74%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.45mg (3.02%)