



Easy Asian Turkey Lettuce Wraps

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head boston lettuce separated
- 0.3 cup crunchy peanut butter
- 0.5 tsp pepper red crushed
- 1 bunch green onions chopped
- 1 lb pd of ground turkey
- 0.5 cup hoisin sauce
- 0.3 cup miracle whip dressing
- 1 Tbsp vegetable oil; peanut oil preferred

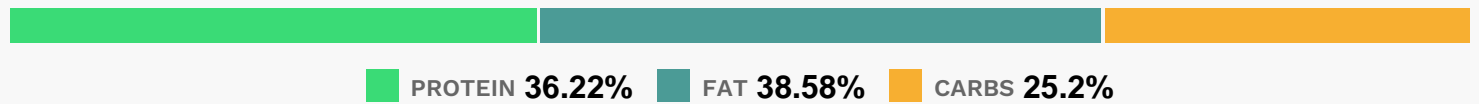
Equipment

frying pan

Directions

- Mix first 4 ingredients until blended; set aside.
- Cook turkey in hot oil in large skillet on medium-high heat until turkey is no longer pink, stirring occasionally. Reduce heat to medium. Stir in hoisin sauce mixture and onions until blended. Cook 3 min. or until heated through, stirring frequently.
- Spoon evenly down centers of lettuce leaves; roll up.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:20.761738953383%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 348.75kcal (17.44%), Fat: 15.37g (23.65%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.33g (7.03%), Sugar: 12.92g (14.36%), Cholesterol: 64.83mg (21.61%), Sodium: 825.76mg (35.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.47g (64.94%), Vitamin B3: 13.83mg (69.13%), Vitamin B6: 1.1mg (55.14%), Vitamin K: 54.65µg (52.05%), Selenium: 27.33µg (39.05%), Phosphorus: 339.13mg (33.91%), Vitamin A: 1524.99IU (30.5%), Manganese: 0.47mg (23.56%), Magnesium: 73.81mg (18.45%), Zinc: 2.67mg (17.81%), Potassium: 621.79mg (17.77%), Folate: 65.47µg (16.37%), Vitamin B2: 0.24mg (14.35%), Fiber: 3.25g (12.99%), Vitamin E: 1.92mg (12.82%), Vitamin B5: 1.27mg (12.69%), Iron: 2.18mg (12.13%), Copper: 0.22mg (10.85%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.12mg (7.73%), Calcium: 42.02mg (4.2%), Vitamin C: 2.78mg (3.36%), Vitamin D: 0.45µg (3.02%)