



Grilled Pork Lettuce Wraps

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon asian chile sauce such as sambal oelek
- 0.5 bunch basil
- 1 head boston lettuce separated
- 1 tablespoon carrots grated
- 0.5 bunch cilantro leaves
- 1 cucumber english thinly sliced
- 2 tablespoons fish sauce
- 3 tablespoons fish sauce

- 1 clove garlic minced
- 4 cloves garlic minced
- 3 tablespoons granulated sugar
- 6 servings kosher salt
- 6 servings kosher salt and pepper freshly ground
- 2 tablespoons lemongrass fresh finely chopped
- 0.3 cup brown sugar light packed
- 0.5 cup juice of lime fresh
- 0.5 bunch mint leaves
- 1.5 pounds pork chops boneless thin
- 1 jalapeno red seeded thinly sliced
- 1 cup fried shallots prepared
- 2 shallots finely chopped
- 1 bag asian shrimp chips
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil plus more for brushing

Equipment

- bowl
- knife
- whisk
- grill
- cutting board

Directions

- Prepare the pork: Mash the garlic into a paste with the flat side of a knife.
- Transfer to a large bowl and stir in the lemongrass, shallots, brown sugar, fish sauce, soy sauce, vegetable oil and 1/2 teaspoon each salt and pepper.
- Add the pork and toss to coat. Cover and refrigerate 2 hours or overnight.

- Whisk the lime juice, fish sauce, granulated sugar, 1/2 teaspoon salt and 1/4 cup water in a small bowl. Stir in the carrot, chile sauce and garlic.
- Preheat a grill to high.
- Brush the grill with vegetable oil.
- Remove the pork from the marinade and grill until well marked, 3 to 4 minutes per side.
- Transfer to a cutting board and let rest 5 minutes, then cut into strips. Arrange the pork and lettuce on a platter; set out the herbs, cucumber, jalapeno and fried shallots for fixings. Assemble the lettuce wraps and serve with the carrot sauce and shrimp chips.

Nutrition Facts

PROTEIN 32.54%

FAT 32.96%

CARBS 34.5%

Properties

Glycemic Index:77.21, Glycemic Load:6.6, Inflammation Score:-8, Nutrition Score:23.396521879279%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 341.75kcal (17.09%), Fat: 12.68g (19.51%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 27.44g (9.98%), Sugar: 21.03g (23.37%), Cholesterol: 75.98mg (25.33%), Sodium: 2048mg (89.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Vitamin B6: 1.17mg (58.37%), Selenium: 40.48µg (57.83%), Vitamin B1: 0.83mg (55.67%), Vitamin B3: 10.06mg (50.29%), Vitamin K: 50.36µg (47.97%), Phosphorus: 326.47mg (32.65%), Vitamin A: 1505.21IU (30.1%), Potassium: 861.09mg (24.6%), Manganese: 0.47mg (23.25%), Magnesium: 85.75mg (21.44%), Vitamin C: 17.1mg (20.72%), Vitamin B2: 0.29mg (16.83%), Zinc: 2.27mg (15.15%), Folate: 54.54µg (13.63%), Vitamin B5: 1.25mg (12.46%), Iron: 2.24mg (12.43%), Vitamin B12: 0.68µg (11.3%), Fiber: 2.43g (9.71%), Copper: 0.18mg (8.91%), Calcium: 71.14mg (7.11%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.45µg (3.02%)