



Lemongrass-Chile-Chicken Lettuce Wraps

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

READY IN



30 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons canola oil
- 2 teaspoons canola oil
- 2 large to 5 chilies red seeds removed, chopped
- 2 teaspoons t brown sugar dark packed
- 2 tablespoons fish sauce
- 2 cloves garlic finely chopped
- 1 tablespoon ginger finely grated
- 2 tablespoons ginger grated

- 1 cup hoisin sauce
- 2 stalks lemon grass very finely chopped
- 3 tablespoons lemon grass fresh finely chopped
- 2 tablespoons juice of lime
- 2 teaspoons mint leaves shredded
- 12 the of 1 cos lettuce
- 1 teaspoon sesame oil
- 2 chicken breast boneless skinless finely chopped
- 1 teaspoon soya sauce

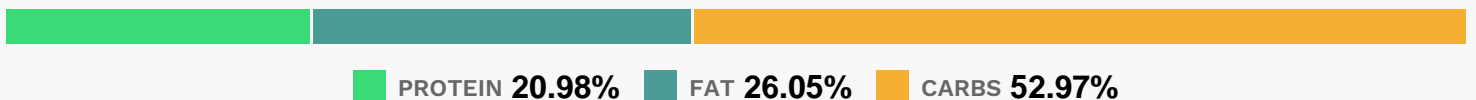
Equipment

- bowl
- sauce pan

Directions

- In large bowl, mix sauce ingredients. Refrigerate until ready to serve.
- Heat 3-quart saucepan over high heat.
- Add oil, lemongrass, chile, garlic and gingerroot; cook 1 minute. Stir in chicken. Cook 5 minutes, stirring frequently, until chicken is no longer pink.
- Stir lime juice, fish sauce, brown sugar, mint and soy sauce into chicken mixture.
- Spoon chicken mixture onto lettuce leaves.
- Serve with hoisin-lemongrass sauce.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:18.794347918552%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 209.51kcal (10.48%), Fat: 6.17g (9.49%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.43g (9.25%), Sugar: 15.66g (17.4%), Cholesterol: 25.48mg (8.49%), Sodium: 1320.44mg (57.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Vitamin A: 5039.63IU (100.79%), Vitamin K: 61.85µg (58.9%), Manganese: 0.67mg (33.73%), Vitamin C: 26.65mg (32.31%), Vitamin B3: 5.13mg (25.65%), Folate: 101.49µg (25.37%), Vitamin B6: 0.48mg (24.01%), Selenium: 13.97µg (19.96%), Potassium: 480.5mg (13.73%), Phosphorus: 132.56mg (13.26%), Magnesium: 49.78mg (12.45%), Vitamin B2: 0.21mg (12.1%), Iron: 2.04mg (11.32%), Fiber: 2.81g (11.22%), Copper: 0.15mg (7.62%), Vitamin B5: 0.71mg (7.13%), Vitamin B1: 0.09mg (5.83%), Vitamin E: 0.87mg (5.82%), Zinc: 0.74mg (4.97%), Calcium: 49.04mg (4.9%), Vitamin B12: 0.1µg (1.74%)