



Lettuce Cups with Stir-Fried Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 16 large boston lettuce leaves
- ☐ 0.5 cup asian chili sauce sweet
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup roasted cashews unsalted chopped
- ☐ 2 scallions minced

- ☐ 1 ounce mushroom caps minced stemmed
- ☐ 1 pound chicken thighs boneless skinless minced
- ☐ 2 tablespoons soya sauce

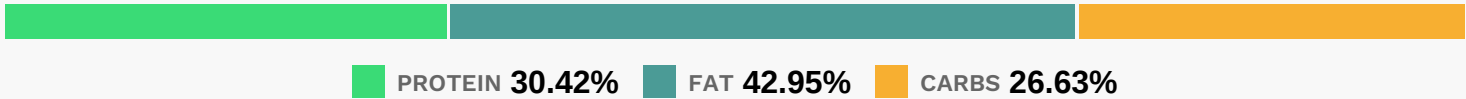
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Arrange lettuce leaves on a large platter.
- ☐ Pour chili sauce into a small bowl; place on platter with leaves.
- ☐ Mix chicken, scallions,soy sauce, and cornstarch in a medium bowl; marinate 10 minutes at room temperature,stirring occasionally.
- ☐ Heat oil in a large nonstick skillet.
- ☐ Add mushrooms; stir fry 15 seconds.
- ☐ Add garlic and ginger and stir-fry 10 seconds.
- ☐ Add chicken mixture and cook, stirring often, until golden brown and cooked through, about 3-4 minutes.Spoon chicken mixture into lettuce leaves,dividing equally.
- ☐ Garnish with cashews.
- ☐ Roll leaves around filling and dip into chili sauce.
- ☐ Per serving: 168 calories, 10 grams fat, 9 grams Carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:9.6769565227239%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 166.85kcal (8.34%), Fat: 8.01g (12.33%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.39g (3.78%), Sugar: 8.36g (9.29%), Cholesterol: 53.86mg (17.95%), Sodium: 464.37mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.54%), Vitamin K: 40.07µg (38.16%), Vitamin A: 1037.19IU (20.74%), Selenium: 13.87µg (19.81%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.32mg (15.94%), Phosphorus: 149.1mg (14.91%), Vitamin B5: 0.85mg (8.55%), Vitamin B2: 0.15mg (8.55%), Zinc: 1.24mg (8.26%), Magnesium: 31.48mg (7.87%), Potassium: 267.15mg (7.63%), Folate: 30.36µg (7.59%), Copper: 0.15mg (7.41%), Manganese: 0.15mg (7.34%), Iron: 1.26mg (7.03%), Vitamin B12: 0.36µg (6.05%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.76mg (5.08%), Fiber: 0.78g (3.12%), Vitamin C: 1.92mg (2.33%), Calcium: 22.06mg (2.21%)