



Lettuce Cups with Tofu and Beef

 Gluten Free  Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large head bibb lettuce separated
- 2 teaspoons canola oil
- 1 tablespoons bottled chili-garlic sauce
- 8 ounces extra-firm tofu
- 2 tablespoons ginger fresh minced
- 0.3 cup hoisin sauce
- 0.5 pound ground beef lean (90 percent or leaner)
- 3 tablespoons soya sauce low-sodium

- 0.3 cup peanuts chopped
- 1 bell pepper diced red finely
- 2 tablespoons rice vinegar
- 4 scallions trimmed thinly sliced
- 1.5 teaspoons sesame oil toasted
- 0.5 cup water chestnuts diced finely
- 2 tablespoons cooking wine chinese

Equipment

- bowl
- frying pan
- paper towels
- whisk
- wok

Directions

- Watch how to make this recipe.
- In a bowl, whisk together chili-garlic sauce, sesame oil, soy sauce, hoisin sauce, vinegar and sherry.
- Slice the tofu into 1/2-inch thick slabs and lay the slices on top of paper towels. Use more paper towels to firmly pat the tofu in order to remove as much water as possible. This should take about 2 minutes and use about 3 paper towels. Finely mince dried tofu and set aside.
- Heat the oil in a wok or extra-large skillet over medium heat.
- Add the ginger and scallion whites and cook until scallion whites are translucent and ginger is fragrant, about 2 to 3 minutes.
- Add ground beef and tofu and cook, stirring, until beef is opaque and just cooked through, about 4 to 5 minutes.
- Add reserved sauce. Reduce heat to a simmer and cook, stirring, an additional 3 to 4 minutes.
- Add water chestnuts and stir to incorporate.
- Fill each lettuce leaf with the filling.

Serve garnished with scallion greens, red peppers and peanuts.

Nutrition Facts

PROTEIN 29.71% **FAT 41.8%** **CARBS 28.49%**

Properties

Glycemic Index:43.31, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:21.236086923143%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 307.21kcal (15.36%), Fat: 14.23g (21.89%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 17.2g (6.26%), Sugar: 8.78g (9.75%), Cholesterol: 35.67mg (11.89%), Sodium: 970.46mg (42.19%), Alcohol: 0.78g (100%), Alcohol %: 0.34% (100%), Protein: 22.75g (45.5%), Vitamin K: 69.96µg (66.63%), Vitamin C: 42.65mg (51.7%), Vitamin A: 2401.78IU (48.04%), Vitamin B3: 5.6mg (28.02%), Manganese: 0.53mg (26.69%), Vitamin B6: 0.49mg (24.54%), Zinc: 3.62mg (24.14%), Iron: 3.97mg (22.05%), Folate: 88.08µg (22.02%), Vitamin B12: 1.27µg (21.17%), Phosphorus: 211.23mg (21.12%), Fiber: 4.61g (18.46%), Potassium: 593.73mg (16.96%), Selenium: 11.63µg (16.61%), Magnesium: 57.97mg (14.49%), Vitamin B2: 0.24mg (14.32%), Calcium: 123.07mg (12.31%), Copper: 0.23mg (11.41%), Vitamin E: 1.47mg (9.77%), Vitamin B1: 0.14mg (9.48%), Vitamin B5: 0.81mg (8.12%)