



Lettuce Hand Rolls



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

Ingredients

- ☐ 1 teaspoon five spice powder chinese
- ☐ 8 boston lettuce leaves
- ☐ 2 tablespoons brown sugar
- ☐ 1 carrots shredded
- ☐ 1 cucumber julienned peeled
- ☐ 1 garlic clove minced
- ☐ 0.8 pound ground pork
- ☐ 4 tablespoons juice of lime
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar

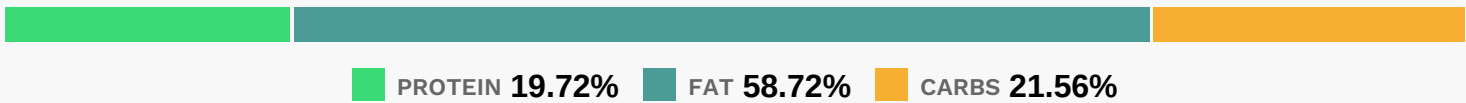
Equipment

- ☐ frying pan

Directions

- ☐ In a sauté pan over medium–high heat, cook the garlic in the oil until fragrant, about 3 minutes.
- ☐ Add the pork, five–spice powder, soy sauce, and brown sugar and cook until the pork is browned, 8 to 10 minutes.
- ☐ Scoop the pork mixture into the lettuce leaves.
- ☐ Garnish with the carrot, cucumber, and peanuts (if using).

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:4.99, Inflammation Score:-9, Nutrition Score:17.139565053193%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 333.31kcal (16.67%), Fat: 21.95g (33.76%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.55g (6.02%), Sugar: 14.26g (15.85%), Cholesterol: 61.24mg (20.41%), Sodium: 566.29mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Vitamin A: 3611.9IU (72.24%), Vitamin B1: 0.69mg (45.8%), Vitamin K: 40.31µg (38.39%), Selenium: 21.54µg (30.78%), Vitamin B6: 0.45mg (22.58%), Vitamin B3: 4.39mg (21.97%), Phosphorus: 199.41mg (19.94%), Vitamin B2: 0.27mg (15.7%), Potassium: 528.47mg (15.1%), Zinc: 2.21mg (14.73%), Vitamin C: 9.95mg (12.06%), Manganese: 0.23mg (11.3%), Iron: 2.01mg (11.15%), Folate: 42.85µg (10.71%), Vitamin B12: 0.6µg (9.92%), Magnesium: 38.12mg (9.53%), Vitamin B5: 0.91mg (9.07%), Copper:

0.13mg (6.7%), Fiber: 1.58g (6.3%), Calcium: 54.73mg (5.47%), Vitamin E: 0.71mg (4.77%)