



Lettuce-Wrapped Picadillo

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

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound extra-lean ground beef
- 2 garlic cloves minced
- 0.5 cup golden raisins
- 0.5 teaspoon ground cumin
- 2 teaspoons hot sauce
- 6 servings iceberg lettuce leaves
- 10 ounce onion-and-pepper medley frozen thawed
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 0.5 cup tomato sauce

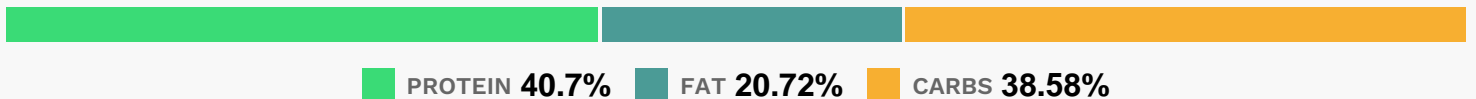
Equipment

- food processor
- frying pan
- paper towels

Directions

- Cook ground beef and minced garlic in a large nonstick skillet coated with cooking spray over medium-high heat 10 minutes or until beef crumbles and is no longer pink.
- Drain and pat with paper towels.
- Add onion-and-pepper medley to skillet; cook over medium-high heat, stirring often, 10 minutes or until onions are tender.
- Stir in beef mixture, raisins, and next 5 ingredients. Bring mixture to a boil. Reduce heat, and simmer 10 minutes or until most of liquid evaporates.
- Serve beef mixture in lettuce leaves.
- Serve with lime wedges, if desired.
- *Lean ground pork may be substituted for extra-lean ground beef. Use trimmed boneless pork loin chops; cut into chunks, and process in food processor until ground. Cook according to recipe.
- Note: For testing purposes only, we used McKenzie's Seasoning Blend. If you can't find it in your market, substitute 1 onion, chopped; 1 green bell pepper, chopped; and 1 celery rib, chopped.

Nutrition Facts



Properties

Glycemic Index:40.94, Glycemic Load:7.64, Inflammation Score:-9, Nutrition Score:13.512608813203%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 177.81kcal (8.89%), Fat: 4.19g (6.45%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 14.81g (5.38%), Sugar: 7.93g (8.81%), Cholesterol: 46.87mg (15.62%), Sodium: 399.92mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.06%), Vitamin A: 2497.56IU (49.95%), Vitamin B12: 1.69µg (28.22%), Zinc: 4.17mg (27.79%), Vitamin B3: 5.11mg (25.53%), Vitamin B6: 0.42mg (20.83%), Phosphorus: 199.81mg (19.98%), Selenium: 13.71µg (19.58%), Iron: 2.81mg (15.6%), Potassium: 523.99mg (14.97%), Vitamin B2: 0.2mg (11.84%), Fiber: 2.76g (11.02%), Manganese: 0.22mg (10.86%), Vitamin C: 8.08mg (9.79%), Magnesium: 36.41mg (9.1%), Copper: 0.18mg (8.79%), Vitamin B1: 0.1mg (6.57%), Vitamin B5: 0.65mg (6.52%), Folate: 20.11µg (5.03%), Vitamin E: 0.53mg (3.54%), Calcium: 32.02mg (3.2%), Vitamin K: 1.66µg (1.58%)