



Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 0.3 cup juice of lime fresh
- 2 tablespoons soya sauce
- 2 garlic clove minced
- 1 teaspoon cornstarch
- 1 tablespoon sesame oil dark
- 2 chicken breast halves boneless skinless finely chopped
- 0.5 cup cucumber seeded chopped

- 0.5 cup carrots grated
- 2 tablespoons peanuts chopped
- 1 teaspoon ginger grated
- 1 teaspoon garlic chopped
- 16 leaves boston lettuce (2 heads) (Bibb or Boston)

Equipment

- bowl
- frying pan
- toothpicks
- measuring cup

Directions

- In small bowl, combine preserves, lime juice, soy sauce and garlic; mix well. Spoon 1/4 cup sauce into 1-cup measuring cup. Stir in cornstarch until smooth; set aside. Refrigerate remaining sauce in bowl until serving time.
- Heat oil in medium skillet over medium-high heat until hot.
- Add chicken; cook 5 to 7 minutes or until browned, stirring frequently. Stir in cucumber, carrot, peanuts, gingerroot and garlic. Stir in reserved sauce with cornstarch. Cook 2 to 3 minutes or until bubbly and thickened, stirring constantly. Spoon mixture into shallow dish. Cover; refrigerate 30 minutes or until cooled.
- Spoon 2 tablespoons chicken mixture onto center of each lettuce leaf. Fold sides of lettuce in toward center; roll up like burrito. Secure with toothpicks.
- Place seam side down on serving platter.
- Serve immediately, or cover and refrigerate until serving time.
- Serve wraps with sauce.

Nutrition Facts



PROTEIN 26.38% FAT 29.15% CARBS 44.47%

Properties

Glycemic Index:10.38, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:4.5452173818713%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 56.97kcal (2.85%), Fat: 1.93g (2.98%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.14g (2.23%), Sugar: 3.73g (4.14%), Cholesterol: 9.04mg (3.01%), Sodium: 149.12mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 1190IU (23.8%), Vitamin K: 16.36µg (15.58%), Vitamin B3: 1.87mg (9.35%), Vitamin B6: 0.15mg (7.26%), Selenium: 4.96µg (7.09%), Manganese: 0.1mg (4.78%), Phosphorus: 46.51mg (4.65%), Folate: 16.87µg (4.22%), Vitamin C: 3.44mg (4.17%), Potassium: 134.85mg (3.85%), Vitamin B5: 0.29mg (2.87%), Magnesium: 10.75mg (2.69%), Iron: 0.41mg (2.3%), Vitamin B1: 0.03mg (2.25%), Vitamin B2: 0.03mg (2.06%), Fiber: 0.5g (2%), Copper: 0.04mg (1.8%), Calcium: 12.86mg (1.29%), Zinc: 0.18mg (1.2%)