



WHATSheATE

Lettuce Wraps with Hoisin-Peanut Sauce



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup matchstick-cut carrots



8 bibb lettuce leaves



1 teaspoon canola oil



2 cups sticky rice hot cooked



2 tablespoons creamy peanut butter



0.1 teaspoon pepper red crushed



1 cup matchstick-cut cucumbers



1 tablespoon sesame oil dark

- ☐ 14 ounce extra-firm tofu crumbled drained
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.7 cup green onions divided thinly sliced
- ☐ 4 teaspoons hoisin sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 teaspoon sriracha (such as Huy Fong) hot
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup water

Equipment

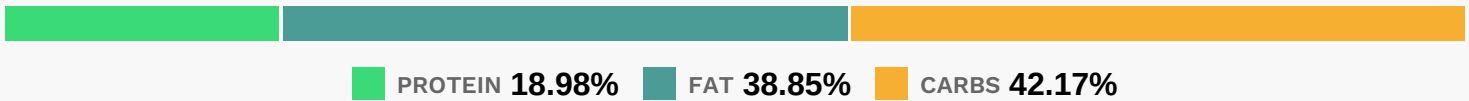
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare sauce, heat a small saucepan over medium heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add shallot, and saut for 2 minutes.
- ☐ Add 1/3 cup water and next 3 ingredients (through red pepper), and stir with a whisk. Bring to a boil; cook 1 minute.
- ☐ Remove from heat; stir in lime juice.
- ☐ To prepare filling, spread crumbled tofu in a single layer on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 20 minutes, pressing down occasionally.
- ☐ Heat a large nonstick skillet over medium-high heat.

- ☐ Add sesame oil to pan; swirl to coat.
- ☐ Add 1/3 cup green onions; saut 1 minute.
- ☐ Add tofu; saut for 4 minutes, stirring occasionally.
- ☐ Add 2 tablespoons cilantro, soy sauce, ginger, sugar, and Sriracha; saut 1 minute.
- ☐ Remove from heat; stir in cucumbers, carrots, and remaining green onions.
- ☐ Spoon 1/4 cup rice into each lettuce leaf. Top with about 1/2 cup tofu mixture; sprinkle with 1 tablespoon cilantro.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:16.48782603637%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 306.87kcal (15.34%), Fat: 13.52g (20.8%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 28.67g (10.43%), Sugar: 7.28g (8.09%), Cholesterol: 0.12mg (0.04%), Sodium: 585.84mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.72%), Vitamin A: 5753.02IU (115.06%), Vitamin K: 78.15µg (74.42%), Manganese: 0.58mg (28.91%), Calcium: 175.69mg (17.57%), Fiber: 4.35g (17.41%), Folate: 62.38µg (15.59%), Iron: 2.72mg (15.09%), Magnesium: 43.41mg (10.85%), Potassium: 366.49mg (10.47%), Vitamin C: 8.42mg (10.21%), Vitamin B3: 1.93mg (9.65%), Phosphorus: 90.93mg (9.09%), Vitamin B6: 0.18mg (9.05%), Copper: 0.17mg (8.72%), Vitamin E: 1.29mg (8.59%), Selenium: 6.01µg (8.59%), Vitamin B2: 0.12mg (7.16%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.08mg (5.59%)