



Lettuce Wraps with Smoked Trout



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil leaves fresh whole
- ☐ 2 medium carrots peeled
- ☐ 0.3 cup asian chili sauce sweet ()
- ☐ 0.5 hothouse cucumber english unpeeled (do not remove seeds)
- ☐ 0.3 cup lightly dry-roasted peanuts salted finely chopped
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 1 cup grape tomatoes diced
- ☐ 0.3 cup jalapeño chiles with seeds (preferably red; 2 large) thinly sliced

- ☐ 0.5 cup mint leaves fresh whole
- ☐ 16 inner leaves of romaine lettuce small to medium (from 2 hearts of romaine)
- ☐ 0.3 cup shallots thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 4 cups trout smoked skinless
- ☐ 2 tablespoons unseasoned rice vinegar fresh

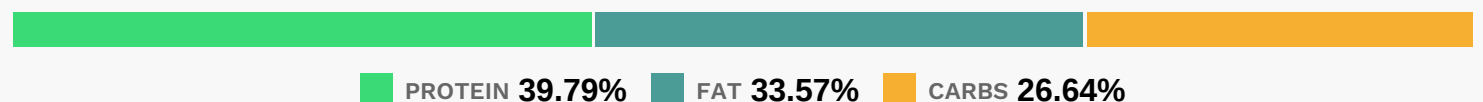
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Using vegetable peeler, shave carrots and cucumber lengthwise into ribbons.
- ☐ Cut ribbons into 3-inch-long sections, then cut sections into matchstick-size strips.
- ☐ Place in large bowl.
- ☐ Add shallots, jalapeños, lime juice, sugar, and fish sauce; let marinate 30 minutes at room temperature.
- ☐ Add trout pieces and tomatoes to vegetable mixture and toss to blend.
- ☐ Transfer trout-vegetable mixture to large strainer and drain off liquid. Return trout-vegetable mixture to same bowl; add mint and basil and toss to blend.
- ☐ Arrange lettuce leaves on large platter. Divide trout-vegetable salad among lettuce leaves.
- ☐ Drizzle sweet chili sauce over each salad and sprinkle with peanuts.
- ☐ * Available in the Asian foods section of most supermarkets, at some specialty foods stores, and at Asian markets.
- ☐ ** Available at some supermarkets and at specialty foods stores and delicatessens.
- ☐ *** Available at some supermarkets and at Asian markets and from amazon.com.

Nutrition Facts



Properties

Glycemic Index:87.98, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:60.110000403031%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 580.98kcal (29.05%), Fat: 22.11g (34.01%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 26.37g (9.59%), Sugar: 23.5g (26.12%), Cholesterol: 137.22mg (45.74%), Sodium: 791.03mg (34.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.94g (117.89%), Vitamin A: 45395.64IU (907.91%), Vitamin K: 486.81µg (463.63%), Vitamin B12: 18.45µg (307.53%), Folate: 688.5µg (172.12%), Manganese: 3.19mg (159.35%), Vitamin B1: 1.23mg (82.04%), Phosphorus: 793.52mg (79.35%), Vitamin B3: 14.27mg (71.37%), Vitamin B2: 1.16mg (68.44%), Potassium: 2384.22mg (68.12%), Vitamin D: 9.23µg (61.51%), Vitamin B5: 5.66mg (56.6%), Fiber: 13.1g (52.4%), Vitamin B6: 1.05mg (52.33%), Iron: 8.97mg (49.82%), Selenium: 33.23µg (47.48%), Vitamin C: 37.57mg (45.54%), Magnesium: 162.6mg (40.65%), Copper: 0.81mg (40.64%), Calcium: 302.94mg (30.29%), Zinc: 3.22mg (21.5%), Vitamin E: 2.17mg (14.45%)