



Lime Shrimp Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



54 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce water chestnuts drained chopped canned
- 2 teaspoons ginger fresh grated
- 1 tablespoon parsley fresh chopped
- 1 clove garlic minced
- 2 green onions diced
- 1 head iceberg lettuce cored halved
- 3 tablespoons juice of lime fresh
- 3 tablespoons olive oil divided

- 0.5 bell pepper diced red
- 1 pound shrimp fresh medium to large deveined peeled chopped
- 2 tablespoons soya sauce divided

Equipment

- bowl
- frying pan

Directions

- In a medium bowl, combine the lime juice, 2 tablespoons oil, 1 tablespoon soy sauce, ginger, and garlic.
- Add the shrimp and let marinate in the refrigerator for 30 minutes.
- In a medium skillet, heat the remaining oil over medium-high heat.
- Add the bell pepper, green onions, and water chestnuts, and cook, stirring constantly, for 3 minutes.
- Add the shrimp and marinade, and cook until the shrimp are pink, about 3 minutes. Stir in the remaining soy sauce.
- Divide the lettuce into leaves. Spoon about one-quarter cup of the mixture down the center of 1 lettuce leaf. Fold the bottom edge and sides up and over the filling. Repeat with the remaining lettuce leaves and shrimp filling.

Nutrition Facts



PROTEIN 37.35% **FAT 36.69%** **CARBS 25.96%**

Properties

Glycemic Index:31.33, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:10.627826117951%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg, Apigenin: 1.56mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 179.05kcal (8.95%), Fat: 7.61g (11.7%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.12g (3.32%), Sugar: 3.98g (4.42%), Cholesterol: 121.71mg (40.57%), Sodium: 440.51mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.85%), Vitamin K: 45.73µg (43.55%), Vitamin C: 20.04mg (24.29%), Phosphorus: 205.37mg (20.54%), Copper: 0.4mg (19.81%), Vitamin A: 861.29IU (17.23%), Potassium: 457.79mg (13.08%), Manganese: 0.26mg (12.89%), Fiber: 2.99g (11.95%), Vitamin E: 1.67mg (11.11%), Magnesium: 41.51mg (10.38%), Folate: 39.51µg (9.88%), Zinc: 1.46mg (9.72%), Vitamin B6: 0.19mg (9.27%), Iron: 1.62mg (9%), Calcium: 74.65mg (7.46%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.06mg (3.54%), Vitamin B3: 0.71mg (3.53%), Vitamin B5: 0.24mg (2.39%)