



## Lime Shrimp Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



41 min.

SERVINGS



6

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounce water chestnuts drained chopped canned
- 3 teaspoons ginger fresh grated
- 1 clove garlic minced
- 2 green onions diced
- 1 head iceberg lettuce cored cut in 1/2
- 3 tablespoons juice of lime fresh
- 0.5 bell pepper diced red
- 1 pound shrimp fresh deveined peeled chopped

- 2 tablespoons soya sauce divided
- 3 tablespoons vegetable oil divided

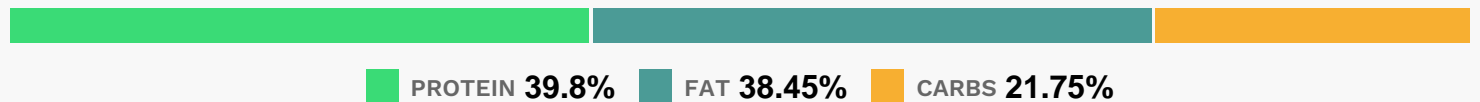
## Equipment

- bowl
- frying pan

## Directions

- In a medium bowl, combine lime juice, 2 tablespoons oil, 1 tablespoon soy sauce, ginger and garlic.
- Add shrimp and let marinate in refrigerator for 30 minutes.
- In a medium skillet, heat 1 tablespoon oil over medium-high heat.
- Add bell pepper, green onions, and water chestnuts; cook, stirring occasionally, for 3 minutes.
- Add shrimp and marinade and cook 3 minutes, or until shrimp are pink. Stir in 1 tablespoon soy sauce.
- Divide lettuce into leaves. Spoon about 1/4 cup mixture down center of 1 lettuce leaf. Fold bottom edge and sides up and over filling. Repeat with remaining lettuce leaves and shrimp filling.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:9.7100000796111%

## 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: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## Nutrients (% of daily need)

Calories: 166.25kcal (8.31%), Fat: 7.39g (11.37%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.98g (2.54%), Sugar: 3.44g (3.82%), Cholesterol: 121.71mg (40.57%), Sodium: 438.34mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Vitamin K: 43.05µg (41%), Vitamin C: 18.89mg (22.9%), Phosphorus: 200.85mg (20.08%), Copper: 0.37mg (18.69%), Vitamin A: 805.13IU (16.1%), Potassium: 429.33mg (12.27%), Manganese: 0.23mg (11.74%), Magnesium: 40.18mg (10.05%), Fiber: 2.42g (9.68%), Folate: 37.25µg (9.31%), Zinc: 1.37mg (9.12%), Vitamin B6: 0.15mg (7.51%), Iron: 1.35mg (7.5%), Vitamin E: 1.1mg (7.34%), Calcium: 72.86mg (7.29%), Vitamin B1: 0.06mg (3.67%), Vitamin B2: 0.05mg (3.19%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.21mg (2.05%)