



Mom's Ultimate Lettuce Wraps

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 medium boston lettuce leaves dry with paper towel rinsed
- 0.3 cup brown sugar packed
- 0.3 cup carrots coarsely chopped
- 0.5 cup bean sprouts fresh
- 2 cloves garlic finely chopped
- 1 teaspoon ginger grated
- 0.5 cup spring onion sliced
- 1 pound pd of ground turkey

0.3 cup bell pepper diced red

0.3 cup soya sauce

Equipment

frying pan

Directions

In 10-inch nonstick skillet, cook turkey over medium-high heat, stirring frequently, until no longer pink; drain and return to skillet. Stir in onions, carrots, bell pepper, gingerroot and garlic. Cook 2 minutes, stirring occasionally, or until vegetables are crisp-tender.

Add the bean sprouts, soy sauce and brown sugar. Cook 2 minutes, stirring occasionally, to blend flavors.

To serve, spoon turkey mixture onto each lettuce leaf; wrap around filling.

Serve warm.

Nutrition Facts

 **PROTEIN 50.96%** **FAT 9.22%** **CARBS 39.82%**

Properties

Glycemic Index:42.71, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:22.223478275797%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 230.36kcal (11.52%), Fat: 2.44g (3.75%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 22g (8%), Sugar: 20.16g (22.4%), Cholesterol: 62.37mg (20.79%), Sodium: 1154.17mg (50.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.57%), Vitamin K: 77.74µg (74.04%), Vitamin A: 3274.29IU (65.49%), Vitamin B3: 12.3mg (61.5%), Vitamin B6: 1.13mg (56.58%), Selenium: 26.09µg (37.27%), Phosphorus: 317.46mg (31.75%), Vitamin C: 18.62mg (22.56%), Potassium: 614.2mg (17.55%), Folate: 67.42µg (16.85%), Zinc: 2.34mg (15.59%), Manganese: 0.29mg (14.4%), Magnesium: 56.02mg (14%), Iron: 2.42mg (13.43%), Vitamin B5: 1.28mg (12.82%), Vitamin B2: 0.22mg (12.76%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.14mg (9.24%), Copper: 0.15mg (7.51%), Fiber: 1.67g (6.68%), Calcium: 55.01mg (5.5%), Vitamin D: 0.45µg (3.02%), Vitamin E:

0.44mg (2.96%)