



Mu Shu Chicken Lettuce Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 boston lettuce leaves
- ☐ 0.3 cup cashew pieces chopped
- ☐ 1.5 cups chicken breast shredded boneless skinless
- ☐ 14 ounce coleslaw mix (4 cups)
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon sherry dry
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced

- ☐ 0.5 cup spring onion divided sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soy sauce
- ☐ 1 teaspoon rice vinegar

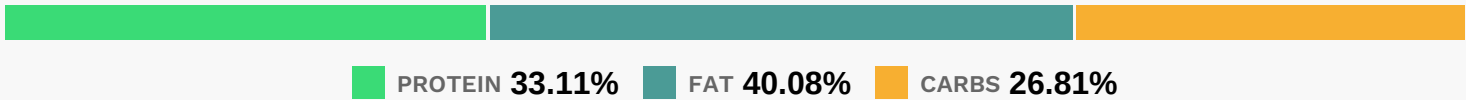
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients (through rice vinegar) in a small bowl, stirring with a whisk.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic and ginger to pan; saut 30 seconds.
- ☐ Add soy sauce mixture and coleslaw; cook 1 minute, stirring frequently.
- ☐ Add chicken and 1/4 cup onions to pan; cook 1 minute or until coleslaw just begins to wilt.
Divide chicken mixture evenly among lettuce leaves; sprinkle evenly with remaining 1/4 cup onions and cashews.

Nutrition Facts



Properties

Glycemic Index:52.8, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:20.91869581264%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 195.35kcal (9.77%), Fat: 8.9g (13.69%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 9.58g (3.48%), Sugar: 5.58g (6.2%), Cholesterol: 36.12mg (12.04%), Sodium: 441.91mg (19.21%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Protein: 16.54g (33.07%), Vitamin K: 150.73µg (143.55%), Vitamin C: 41.77mg (50.63%), Vitamin A: 1729.56IU (34.59%), Vitamin B6: 0.67mg (33.36%), Vitamin B3: 6.58mg (32.9%), Selenium: 20.67µg (29.52%), Manganese: 0.49mg (24.39%), Folate: 92.51µg (23.13%), Phosphorus: 230.39mg (23.04%), Potassium: 622.51mg (17.79%), Magnesium: 66.54mg (16.64%), Fiber: 3.81g (15.25%), Copper: 0.25mg (12.39%), Vitamin B5: 1.2mg (12.04%), Iron: 2.16mg (12%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.22mg (8.13%), Calcium: 78.23mg (7.82%), Vitamin E: 0.58mg (3.85%), Vitamin B12: 0.11µg (1.88%)