



Mu Shu Jackfruit Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup baby carrots
- 20 ounce brine-packed olives green drained coarsely chopped well canned (not syrup)
- 2 cups cabbage shredded
- 1 teaspoon sesame oil dark
- 3 cloves garlic minced
- 1 teaspoon ginger minced
- 4 spring onion sliced
- 1 tablespoon hoisin sauce

- 4 servings romaine leaves for wrapping
- 5 ounces mushrooms stemmed sliced
- 1 small onion diced
- 2 tablespoons soya sauce (or wheat-free tamari)
- 0.5 cup vegetable stock

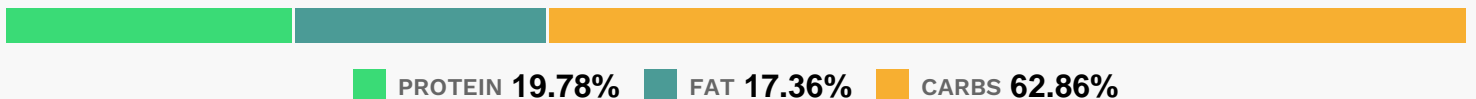
Equipment

- frying pan

Directions

- Add the garlic and ginger root and cook for another minute.
- Add the chopped jackfruit, vegetable broth, soy sauce, and hoisin sauce to the pan. Bring to a simmer, cover, and cook on low until jackfruit softens and begins to shred when you press on it with the edge of a spoon (about 20–30 minutes). Gently “encourage” the larger pieces to fall apart. Then add the remaining ingredients (except lettuce), cover, and simmer until the mushrooms exude their juices, about 5 minutes.
- Serve in lettuce cups with sriracha or extra hoisin sauce. May be eaten warm or cold.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:13.195652265264%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 64.85kcal (3.24%), Fat: 1.38g (2.12%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.43g (3.07%), Sugar: 5.37g (5.97%), Cholesterol: 0.12mg (0.04%), Sodium: 4834.56mg (210.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin A: 4200.66IU (84.01%), Vitamin K: 53.21µg (50.67%), Vitamin C: 22.58mg (27.37%), Manganese: 0.3mg (15.22%), Vitamin B2: 0.23mg (13.27%), Folate: 48.18µg (12.05%), Fiber: 2.78g (11.14%), Vitamin B3: 2.05mg (10.26%), Potassium: 350.28mg (10.01%), Vitamin B6: 0.2mg (9.93%), Copper: 0.18mg (8.86%), Phosphorus: 77.36mg (7.74%), Vitamin B5: 0.75mg (7.5%), Vitamin B1: 0.1mg (6.91%), Iron: 1.21mg (6.72%), Selenium: 4.32µg (6.16%), Magnesium: 21.6mg (5.4%), Calcium: 48.72mg (4.87%), Zinc: 0.48mg (3.19%), Vitamin E: 0.23mg (1.51%)