



Pan-Asian Chicken and Vegetable Lettuce Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bean sprouts
- ☐ 1 medium carrots cut into matchstick-size strips
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 tablespoon cornstarch
- ☐ 1 bunch spring onion chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup rice wine sweet (Japanese rice wine)

- ☐ 4 cups napa cabbage thinly sliced ()
- ☐ 3 tablespoons sesame oil divided
- ☐ 1 medium size bell pepper red cut into matchstick-size strips
- ☐ 1 cup cabbage red thinly sliced
- ☐ 1 medium size onion red halved thinly sliced
- ☐ 18 leaves baby greens
- ☐ 0.3 cup rice wine
- ☐ 3 tablespoons sesame seed
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 0.8 cup rice vinegar

Equipment

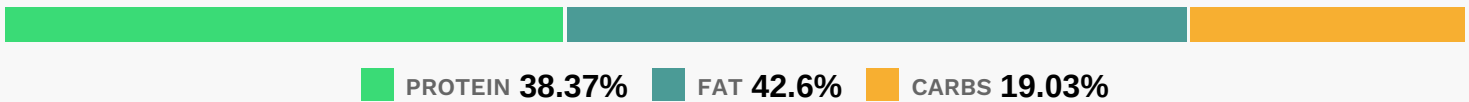
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Stir sesame seeds in heavy small skillet over medium heat until golden, about 5 minutes.
- ☐ Place toasted sesame seeds in small bowl; cool.
- ☐ Mix in soy sauce, unseasoned rice vinegar, fresh lime juice, oriental sesame oil, and cayenne pepper.
- ☐ Mix soy sauce, mirin, and sake in small bowl to blend; set stir-fry sauce aside. (Dipping sauce and stir-fry sauce can be made 1 day ahead. Cover separately and refrigerate.)
- ☐ Place chicken slices in medium bowl; sprinkle with salt and pepper.
- ☐ Add cornstarch and toss to coat.
- ☐ Heat 2 tablespoons oriental sesame oil in large deep nonstick skillet over high heat.

- ☐ Add chicken slices and sauté until cooked through, about 4 minutes. Using slotted spoon, transfer chicken slices to bowl.
- ☐ Heat remaining 1 tablespoon oriental sesame oil in same nonstick skillet.
- ☐ Add sliced red onion, red bell pepper strips, and carrot strips; sauté 2 minutes.
- ☐ Add both cabbages and bean sprouts; sauté until vegetables are crisp-tender, about 2 minutes. Return chicken slices to skillet.
- ☐ Add stir-fry sauce and toss to coat. Season stir-fry mixture to taste with salt and pepper.
- ☐ Transfer mixture to strainer set over bowl to drain.
- ☐ Arrange romaine lettuce leaves on serving platter. Divide stir-fry mixture among leaves.
- ☐ Sprinkle with chopped green onions and serve, passing dipping sauce separately.
- ☐ *Unseasoned rice vinegar and mirin (sweet Japanese rice wine) are available at Japanese markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:7.7213043525167%

Flavonoids

Cyanidin: 10.37mg, Cyanidin: 10.37mg, Cyanidin: 10.37mg, Cyanidin: 10.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 90.7kcal (4.54%), Fat: 3.91g (6.01%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.44g (1.6%), Cholesterol: 20.16mg (6.72%), Sodium: 223.37mg (9.71%), Alcohol: 1.07g (100%), Alcohol %: 1.33% (100%), Protein: 7.92g (15.84%), Vitamin C: 18.05mg (21.87%), Vitamin A: 999.3IU (19.99%), Vitamin B3: 3.71mg (18.57%), Vitamin B6: 0.34mg (17%), Selenium: 10.94µg (15.62%), Vitamin K: 15.67µg (14.92%), Phosphorus: 94.17mg (9.42%), Folate: 27.41µg (6.85%), Manganese: 0.14mg (6.85%), Potassium: 231.88mg (6.63%), Vitamin B5: 0.55mg (5.46%), Magnesium: 20.96mg (5.24%), Copper: 0.09mg (4.52%), Vitamin

B2: 0.07mg (4.04%), Fiber: 0.98g (3.92%), Vitamin B1: 0.06mg (3.79%), Calcium: 36.46mg (3.65%), Iron: 0.62mg (3.43%), Zinc: 0.42mg (2.77%), Vitamin E: 0.27mg (1.79%), Vitamin B12: 0.06µg (1.05%)