



Perfect Pear Asian Turkey Lettuce Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup matchstick carrots
- ☐ 1 teaspoon asian chili sauce hot (such as sriracha)
- ☐ 3 tablespoons creamy peanut butter
- ☐ 0.3 cup roasted peanuts dry chopped
- ☐ 3 tablespoons mint leaves fresh julienned
- ☐ 2 garlic cloves minced
- ☐ 3 green onions thinly sliced

- ☐ 12 large iceberg lettuce leaves chilled
- ☐ 1 pound pd of ground turkey lean
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 medium asian pear cored peeled chopped
- ☐ 0.5 cup onion diced red
- ☐ 0.5 cup newman's own lighten up sesame ginger dressing low fat

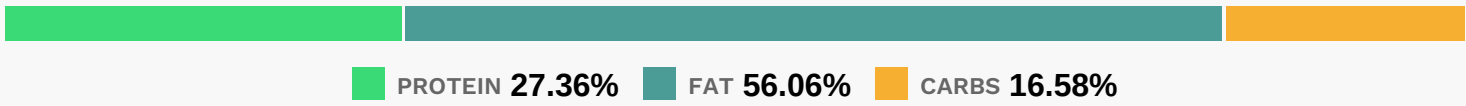
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Toss chopped Asian pear with lime juice; set aside. .
- ☐ Heat oil in a large skillet over medium-high heat. When oil is shimmering, add garlic, red onion and green onions, and saut 2 to 3 minutes or until fragrant.
- ☐ Add turkey and cook 4 to 5 minutes or until turkey is no longer pink, stirring to crumble.
- ☐ Whisk together peanut butter, dressing, and chili sauce.
- ☐ Add to turkey mixture in skillet and cook, stirring often, until liquid is absorbed.
- ☐ Remove from heat; add pear mixture to turkey mixture, stirring gently.
- ☐ Spoon mixture evenly into lettuce leaves and top with carrots, chopped peanuts and fresh mint.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:24.134347646133%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,

Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–
gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–
gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg,
Eriodictyol: 1.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin:
0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin:
0.24mg, Apigenin: 0.24mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.14mg,
Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg,
Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 476.17kcal (23.81%), Fat: 30.85g (47.46%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 20.52g (6.84%),
Net Carbohydrates: 15.77g (5.74%), Sugar: 11.19g (12.44%), Cholesterol: 62.37mg (20.79%), Sodium: 494.62mg
(21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.75%), Vitamin B3: 14.38mg (71.92%),
Vitamin A: 3104.1IU (62.08%), Vitamin B6: 1.17mg (58.51%), Vitamin K: 48.71µg (46.39%), Selenium: 27.39µg (39.13%),
Phosphorus: 374.76mg (37.48%), Manganese: 0.56mg (28.12%), Vitamin E: 4.1mg (27.33%), Potassium: 737.77mg
(21.08%), Magnesium: 84.19mg (21.05%), Fiber: 4.74g (18.97%), Zinc: 2.84mg (18.96%), Vitamin B5: 1.4mg (14.01%),
Folate: 55.97µg (13.99%), Vitamin B2: 0.21mg (12.53%), Copper: 0.24mg (12.04%), Vitamin C: 9.69mg (11.74%), Iron:
2.05mg (11.37%), Vitamin B1: 0.15mg (9.94%), Vitamin B12: 0.58µg (9.64%), Calcium: 57.94mg (5.79%), Vitamin D:
0.45µg (3.02%)