



## Pork and Mushroom Lettuce Wraps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 12 leaves boston lettuce
- ☐ 0.3 cup water chestnuts canned rinsed drained sliced chopped
- ☐ 0.5 cup carrots shredded
- ☐ 2 cups rice long grain cooled prepared cooked
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 8 ounces ground pork
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

- ☐ 0.5 bell pepper red seeded finely chopped
- ☐ 5 spring onion white green separated thinly sliced
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 8 ounces mushrooms white thinly sliced cut in half if large),

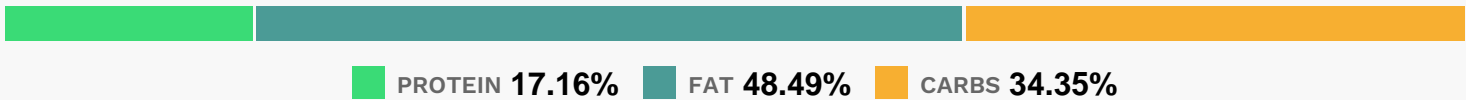
Equipment

- ☐ frying pan

Directions

- ☐ Warm 1 Tbsp. oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and cook, stirring occasionally, until golden brown, 8 to 10 minutes.
- ☐ Stir in remaining oil, garlic, ginger and white parts of scallions. Cook, stirring constantly, until fragrant, about 30 seconds.
- ☐ Add pork and saut, breaking up meat, until just cooked through, about 3 minutes longer.
- ☐ Add carrot and bell pepper to skillet and saut until vegetables begin to soften, about 3 minutes. Stir in rice, water chestnuts, soy sauce and sesame oil. Cook, stirring constantly, until rice is coated and heated through, about 3 minutes. Turn off heat and stir half of reserved scallion greens into pork mixture.
- ☐ Divide pork mixture among lettuce leaves; sprinkle with additional scallion greens.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:5.11, Inflammation Score:-6, Nutrition Score:4.9652173583922%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 75.89kcal (3.79%), Fat: 4.14g (6.37%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.83g (0.92%), Cholesterol: 8.16mg (2.72%), Sodium: 172.76mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin A: 956.55IU (19.13%), Vitamin K: 16.04µg (15.27%), Selenium: 5.21µg (7.44%), Vitamin B1: 0.11mg (7.25%), Manganese: 0.13mg (6.73%), Vitamin C: 5.38mg (6.52%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.11mg (5.46%), Vitamin B2: 0.09mg (5.45%), Phosphorus: 47.56mg (4.76%), Potassium: 134.35mg (3.84%), Vitamin B5: 0.36mg (3.61%), Folate: 14.26µg (3.56%), Copper: 0.07mg (3.4%), Zinc: 0.46mg (3.1%), Iron: 0.48mg (2.68%), Fiber: 0.65g (2.61%), Vitamin E: 0.35mg (2.36%), Magnesium: 9.19mg (2.3%), Vitamin B12: 0.08µg (1.4%), Calcium: 11.43mg (1.14%)