



Pork Larb Lettuce Wrap



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 25 servings boston lettuce leaves for serving
- ☐ 0.3 cup cilantro leaves
- ☐ 4 large garlic clove thinly sliced (large)
- ☐ 0.5 pound ground pork
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 0.3 cup mint leaves
- ☐ 25 servings pepper freshly ground

- ☐ 0.3 onion red thinly sliced (small)
- ☐ 1 tablespoon rice long-grain
- ☐ 25 servings salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup basil
- ☐ 3 thai chile with seeds very thinly sliced
- ☐ 1 tablespoon vegetable oil

Equipment

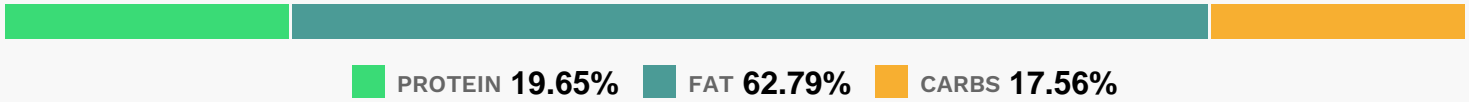
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium skillet, toast the rice over moderate heat, shaking the pan often, until browned, about 3 minutes.
- ☐ Transfer the rice to a plate and let cool completely.
- ☐ Put the toasted rice in a spice grinder and grind to a powder.
- ☐ In the skillet, heat the oil.
- ☐ Add the garlic and cook over moderately low heat, stirring a few times, until golden brown, about 1 minute.
- ☐ Add 1 teaspoon of the sugar and cook for about 20 seconds.
- ☐ Add the ground pork and cook over moderately high heat, breaking up the meat finely, until no pink remains, about 3 minutes.
- ☐ Add 1 teaspoon of the fish sauce and season with salt and pepper. Set aside.
- ☐ In a small bowl, combine the lime juice with the remaining 2 tablespoons of fish sauce, the remaining 1 tablespoon of sugar, two-thirds of the chiles and 1 tablespoon of water. Stir to dissolve the sugar.
- ☐ Arrange the lettuce leaves on a platter with the dipping sauce. Reheat the pork.
- ☐ Remove from the heat and stir in the onion, basil, mint, cilantro and the remaining chile.
- ☐ Sprinkle the pork with the rice powder.

- ☐
- Transfer to a bowl and place on or near the platter.
- ☐
- Let everyone spoon the pork onto the lettuce leaves and season with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:12.89, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.5860869482807%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 35.57kcal (1.78%), Fat: 2.49g (3.83%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.63g (0.7%), Cholesterol: 6.53mg (2.18%), Sodium: 312.41mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin B1: 0.07mg (4.69%), Selenium: 2.55µg (3.64%), Vitamin K: 3.75µg (3.57%), Vitamin B6: 0.05mg (2.62%), Vitamin B3: 0.46mg (2.31%), Manganese: 0.05mg (2.25%), Vitamin C: 1.8mg (2.18%), Phosphorus: 19.07mg (1.91%), Vitamin A: 81.96IU (1.64%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.23mg (1.53%), Magnesium: 5.67mg (1.42%), Potassium: 44.88mg (1.28%), Vitamin B12: 0.07µg (1.17%)