



Pork Lettuce Wraps with Grapefruit

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings bibb lettuce leaves for wrapping
- 1 teaspoon asian chili sauce hot (sambal oelek or sriracha)
- 2 teaspoons brown sugar dark packed
- 2 tablespoons fish sauce
- 0.5 cup mint leaves fresh coarsely chopped
- 1 teaspoon ginger finely grated peeled
- 1 medium pink grapefruit
- 0.5 pound ground pork lean

- 2 tablespoons juice of lime fresh
- 1 small onion red halved thinly sliced
- 3 tablespoons roasted peanuts salted chopped
- 2 scallions thinly sliced
- 3 tablespoons coconut or shredded unsweetened
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- knife

Directions

- Mix the fish sauce, lime juice and brown sugar in a small bowl; set aside.
- Lightly toast the coconut in a skillet over medium heat; cool. With a sharp knife, peel and segment the grapefruit, removing the white pith. Toss the segments in a bowl with the coconut, peanuts, mint, chili sauce and scallions.
- Heat 1 tablespoon oil in a large skillet over medium heat.
- Add the pork and cook, breaking it up, 4 to 5 minutes (do not brown).
- Transfer the meat to a bowl and drain any excess liquid; set aside. Raise the heat to high, add the remaining 1 tablespoon oil to the skillet, then the ginger and red onion; cook to soften, about 1 minute.
- Add the onion to the meat, pour in the fish-sauce mixture and gently toss.
- Divide the pork mixture among lettuce leaves and top each with some of the grapefruit salad.
- Photograph by Con Poulos

Nutrition Facts

 PROTEIN 15.32%  FAT 66.13%  CARBS 18.55%

Properties

Glycemic Index:24.75, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:14.748260912688%

Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 347.82kcal (17.39%), Fat: 26.32g (40.49%), Saturated Fat: 9.33g (58.3%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 12.85g (4.67%), Sugar: 8.71g (9.67%), Cholesterol: 40.82mg (13.61%), Sodium: 794.19mg (34.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin C: 27.96mg (33.89%), Vitamin B1: 0.5mg (33%), Vitamin K: 26.19µg (24.94%), Manganese: 0.49mg (24.43%), Selenium: 16.66µg (23.8%), Vitamin A: 1085.74IU (21.71%), Vitamin B3: 4.15mg (20.76%), Vitamin B6: 0.37mg (18.7%), Phosphorus: 168.57mg (16.86%), Fiber: 3.76g (15.05%), Magnesium: 59.67mg (14.92%), Potassium: 473.02mg (13.51%), Vitamin B2: 0.2mg (11.78%), Zinc: 1.72mg (11.45%), Folate: 42.85µg (10.71%), Copper: 0.18mg (9.25%), Iron: 1.46mg (8.1%), Vitamin B5: 0.78mg (7.78%), Vitamin B12: 0.44µg (7.33%), Calcium: 62.55mg (6.26%), Vitamin E: 0.75mg (4.98%)