



HEALTH SCORE

70%

Spicy Asian Lettuce Wraps



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 ounces vermicelli (cellophane noodles)
- ☐ 1 tablespoon chili paste depending on your taste pref with garlic
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 2 cups roasted boneless skinless chopped
- ☐ 12 large the of 1 cos lettuce

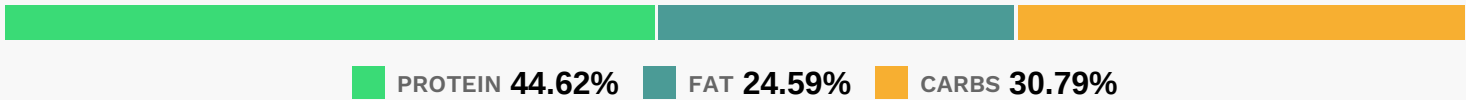
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cover bean threads with boiling water.
- ☐ Let stand for 5 minutes or until softened.
- ☐ Drain, and rinse under cool water. Chop noodles.
- ☐ While bean threads soak, combine cilantro, soy sauce, chile paste, and oil in a large bowl, stirring with a whisk.
- ☐ Add noodles and chicken to soy sauce mixture; toss well to coat. Spoon about 1/3 cup chicken mixture down center of each lettuce leaf; roll up.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:24.811739123386%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 263.77kcal (13.19%), Fat: 7.13g (10.97%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 18.08g (6.58%), Sugar: 1.45g (1.61%), Cholesterol: 74.53mg (24.84%), Sodium: 641.47mg (27.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Vitamin A: 7391.84IU (147.84%), Vitamin K: 89.52µg (85.26%), Vitamin B6: 1mg (49.88%), Selenium: 34.64µg (49.48%), Vitamin B1: 0.62mg (41.45%), Vitamin B3: 7.35mg (36.76%), Phosphorus: 326.05mg (32.6%), Folate: 122.63µg (30.66%), Potassium: 727.78mg (20.79%), Vitamin B2: 0.32mg (18.83%), Zinc: 2.53mg (16.88%), Magnesium: 54.78mg (13.7%), Iron: 2.1mg (11.68%), Manganese: 0.23mg (11.4%), Vitamin B5: 1.08mg (10.75%), Vitamin B12: 0.6µg (10.05%), Fiber: 2.01g (8.05%), Copper: 0.14mg (6.93%), Vitamin C: 4.27mg (5.18%), Calcium: 44.32mg (4.43%), Vitamin D: 0.47µg (3.15%), Vitamin E: 0.41mg (2.76%)