



## Spicy Lettuce Wraps

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 2 tablespoons soya sauce
- ☐ 20 oz pd of ground turkey 93% lean (at least )
- ☐ 1.5 cups carrots ( )
- ☐ 1 cup onion chopped
- ☐ 0.3 cup satay sauce
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons cilantro leaves fresh chopped

☐ 15 leaves lettuce

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ ziploc bags

☐ rolling pin

☐ meat tenderizer

Directions

☐ Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). In large bowl, mix crushed cereal and soy sauce-water mixture.

☐ Let stand 5 minutes.

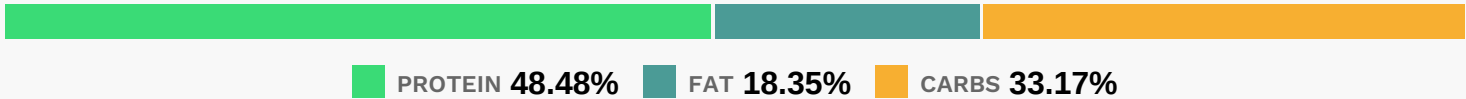
☐ Thoroughly mix turkey into cereal mixture. Spray 10-inch skillet with cooking spray; heat over medium-high heat.

☐ Add turkey mixture, carrots and onion; cook 5 to 7 minutes, stirring frequently, until turkey is no longer pink.

☐ In small bowl, mix peanut sauce and lime juice until blended. Stir into turkey mixture. Reduce heat to low. Cover; cook 5 to 7 minutes, stirring occasionally, until carrots are crisp-tender and flavors are blended. Stir in cilantro.

☐ To serve, spoon about 1/3 cup turkey mixture into each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:11.576086977254%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 79.54kcal (3.98%), Fat: 1.74g (2.67%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.87g (3.19%), Cholesterol: 20.79mg (6.93%), Sodium: 248.35mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin A: 2265IU (45.3%), Vitamin B6: 0.86mg (42.97%), Vitamin B3: 4.53mg (22.64%), Manganese: 0.36mg (18.16%), Vitamin B12: 0.97µg (16.16%), Folate: 64.61µg (16.15%), Phosphorus: 145.94mg (14.59%), Selenium: 8.84µg (12.63%), Vitamin B2: 0.17mg (9.88%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.25mg (8.34%), Magnesium: 30.22mg (7.56%), Fiber: 1.88g (7.5%), Potassium: 229.19mg (6.55%), Iron: 1.17mg (6.51%), Vitamin B5: 0.44mg (4.44%), Copper: 0.08mg (4.04%), Vitamin C: 3.21mg (3.89%), Vitamin K: 4.05µg (3.86%), Calcium: 26.13mg (2.61%), Vitamin D: 0.33µg (2.19%), Vitamin E: 0.18mg (1.22%)