



Spicy Pork Lettuce Cups



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 boston lettuce leaves
- ☐ 0.3 cup carrots diced
- ☐ 1.5 cups cucumber diced seeded
- ☐ 0.3 cup dry-roasted peanuts salted chopped
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 6 garlic cloves minced

- ☐ 12 ounces ground pork lean
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup bell pepper diced red
- ☐ 0.5 serrano chile thinly sliced
- ☐ 1 teaspoon sugar

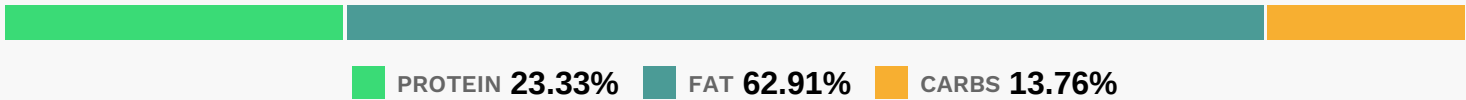
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a medium bowl, mixing gently until just combined; let stand at room temperature 15 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add pork mixture to pan; saut 5 minutes or until pork is browned, stirring to crumble.
- ☐ Place pork mixture in a large bowl.
- ☐ Add cucumber and next 5 ingredients (through serrano), and stir to combine.
- ☐ Combine lime juice, fish sauce, and sugar in a small bowl, stirring until sugar dissolves.
- ☐ Add juice mixture to pork mixture; toss.
- ☐ Place about 1/3 cup pork mixture in each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:60.23, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:25.7534780295%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 321.17kcal (16.06%), Fat: 22.9g (35.23%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 8.14g (2.96%), Sugar: 4.79g (5.32%), Cholesterol: 61.24mg (20.41%), Sodium: 455mg (19.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.22%), Vitamin A: 5058.41IU (101.17%), Vitamin C: 58.22mg (70.57%), Vitamin K: 71.54µg (68.13%), Vitamin B1: 0.74mg (49.48%), Selenium: 23.15µg (33.08%), Vitamin B6: 0.63mg (31.64%), Vitamin B3: 5.94mg (29.71%), Manganese: 0.52mg (26.08%), Phosphorus: 237.99mg (23.8%), Folate: 90.23µg (22.56%), Potassium: 697.21mg (19.92%), Vitamin B2: 0.31mg (18.08%), Zinc: 2.46mg (16.4%), Magnesium: 62.1mg (15.53%), Fiber: 3.13g (12.53%), Iron: 2.16mg (12%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.62µg (10.28%), Copper: 0.18mg (9.04%), Calcium: 67.84mg (6.78%), Vitamin E: 0.85mg (5.63%)