



Spicy Steak Lettuce Wraps



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 large boston lettuce leaves (2 heads)
- ☐ 1 cup carrots
- ☐ 1 cup cucumber english
- ☐ 2 tablespoons t brown sugar dark
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 tablespoons soy sauce
- ☐ 1 cup onion red thinly sliced

- ☐ 3 tablespoons rice vinegar
- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons shallots grated
- ☐ 12 ounce sirloin steak
- ☐ 2 tablespoons chili paste depending on your taste pref (chile paste)

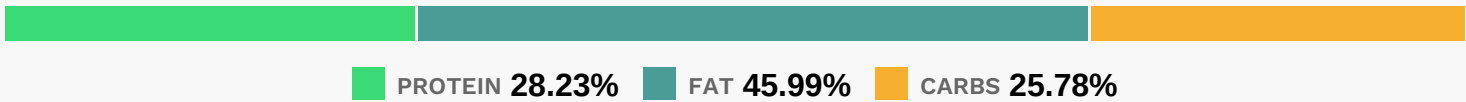
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place steak in freezer 15 minutes.
- ☐ Remove from freezer; cut across the grain into 1/8-inch-thick slices.
- ☐ Combine sugar and next 6 ingredients (through oil) in a large zip-top plastic bag; seal bag, and shake.
- ☐ Remove 3 tablespoons marinade, and set aside.
- ☐ Add steak to marinade in bag; seal and shake. Marinate in refrigerator for 1 hour.
- ☐ Remove steak from bag; discard marinade.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steak to pan, and cook for 1 minute on each side.
- ☐ Divide steak evenly among lettuce leaves. Top each leaf with 4 teaspoons cucumber, 4 teaspoons onion, 4 teaspoons carrot, and 2 teaspoons cilantro; drizzle with reserved 3 tablespoons marinade.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:19.890869555266%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 290.94kcal (14.55%), Fat: 14.94g (22.98%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 16.26g (5.91%), Sugar: 11.11g (12.35%), Cholesterol: 47.63mg (15.88%), Sodium: 509.64mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.26%), Vitamin A: 7015.5IU (140.31%), Vitamin K: 61.29µg (58.37%), Vitamin B12: 2.36µg (39.41%), Vitamin B6: 0.52mg (26.01%), Phosphorus: 221.23mg (22.12%), Zinc: 3.22mg (21.49%), Selenium: 14.98µg (21.4%), Vitamin B3: 3.95mg (19.76%), Potassium: 683.36mg (19.52%), Iron: 2.9mg (16.1%), Folate: 62.73µg (15.68%), Vitamin B2: 0.26mg (15.19%), Manganese: 0.3mg (14.9%), Vitamin B1: 0.17mg (11.6%), Magnesium: 46.3mg (11.58%), Vitamin C: 9.55mg (11.57%), Fiber: 2.58g (10.3%), Copper: 0.15mg (7.39%), Vitamin B5: 0.61mg (6.11%), Calcium: 59.14mg (5.91%), Vitamin E: 0.46mg (3.08%)