



Spicy Szechuan Chicken Lettuce Wraps

 Gluten Free

READY IN



31 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon five-spice powder chinese
- ☐ 0.3 cup bean sprouts
- ☐ 1 head bibb lettuce leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 carrots shredded
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup daikon radish shredded

- ☐ 2 tablespoons grapeseed oil for frying
- ☐ 0.3 cup szechwan sauce
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup scallions
- ☐ 0.5 teaspoon sea salt
- ☐ 3 chicken breasts boneless skinless

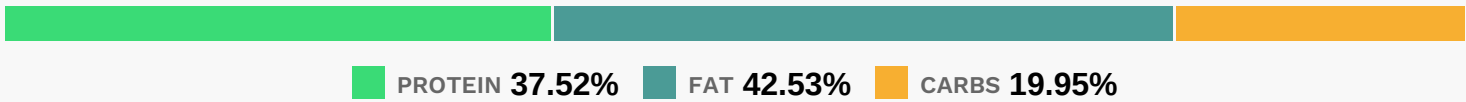
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Split boneless chicken in half. If too thick, pound out to make thinner.
- ☐ In a medium bowl, mix together radish, carrots, bean sprouts, and scallions.
- ☐ Add Szechwan sauce.
- ☐ In a small bowl, mix together five-spice, cayenne, salt and pepper. Season chicken breasts lightly with rub.
- ☐ Cut the chicken into strips.
- ☐ In a large skillet over high heat, add the grapeseed oil. Once hot, sear the chicken breasts for 4 minutes on each side.
- ☐ Add butter and lemon to pan and baste the chicken for another minute.
- ☐ Remove chicken to a platter to let cool. Once cooled, dice or shred the chicken.
- ☐ Place a spoonful of the vegetable mixture and the shredded chicken onto each leaf of lettuce.
- ☐ Roll and serve.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:11.626086903655%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 136.85kcal (6.84%), Fat: 6.48g (9.97%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.67g (2.06%), Sugar: 3.87g (4.3%), Cholesterol: 46.19mg (15.4%), Sodium: 424.56mg (18.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin A: 3659.03IU (73.18%), Vitamin B3: 6.23mg (31.15%), Selenium: 18.33µg (26.19%), Vitamin B6: 0.47mg (23.74%), Vitamin K: 22.19µg (21.14%), Phosphorus: 139.39mg (13.94%), Potassium: 340.85mg (9.74%), Vitamin B5: 0.91mg (9.12%), Vitamin C: 7.33mg (8.88%), Magnesium: 23.15mg (5.79%), Vitamin B2: 0.09mg (5.18%), Manganese: 0.1mg (5.07%), Iron: 0.91mg (5.04%), Fiber: 1.17g (4.69%), Vitamin E: 0.7mg (4.68%), Vitamin B1: 0.06mg (4.31%), Folate: 16.93µg (4.23%), Zinc: 0.51mg (3.38%), Copper: 0.06mg (2.85%), Calcium: 27.03mg (2.7%), Vitamin B12: 0.12µg (2.02%)