



Teriyaki Beef and Pineapple Lettuce Wraps



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large boston lettuce leaves
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.1 teaspoon pepper
- ☐ 8 oz dole pineapple tidbits drained canned
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 teaspoon salt

☐ 0.3 cup teriyaki sauce

Equipment

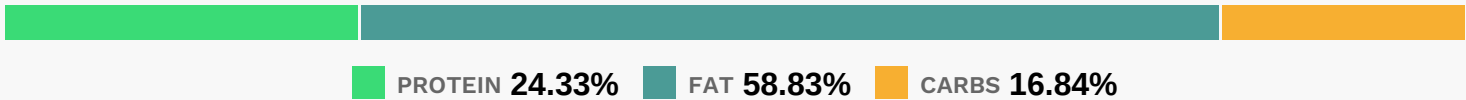
☐ bowl

☐ frying pan

Directions

- ☐ In 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salt and pepper.
- ☐ In small bowl, mix reserved pineapple liquid, baste and glaze sauce and cornstarch. Stir mixture into ground beef. Cook and stir until thick and bubbly, stirring frequently. Stir in pineapple, green onions and bell pepper. Cook 1 to 2 minutes, stirring occasionally, until thoroughly heated. Spoon about 1/2 cup mixture into each lettuce leaf; roll up to serve.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:11.929130466088%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 281.33kcal (14.07%), Fat: 18.26g (28.09%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 10.74g (3.91%), Sugar: 9.01g (10.01%), Cholesterol: 64.41mg (21.47%), Sodium: 730.61mg (31.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.98%), Vitamin B12: 1.94µg (32.36%), Zinc: 3.91mg (26.08%), Vitamin K: 22.71µg (21.63%), Vitamin B3: 4.29mg (21.43%), Selenium: 14.11µg (20.15%), Vitamin B6: 0.38mg (18.85%), Vitamin C: 14.81mg (17.95%), Phosphorus: 176.75mg (17.67%), Vitamin A: 776.94IU (15.54%), Iron: 2.4mg (13.33%), Potassium: 392.37mg (11.21%), Vitamin B2: 0.17mg (10.09%), Magnesium: 34.47mg (8.62%), Vitamin B1: 0.1mg (6.9%), Folate: 25.69µg (6.42%), Copper: 0.13mg (6.27%), Vitamin B5: 0.53mg (5.33%), Fiber: 1.01g (4.06%), Vitamin E: 0.54mg (3.6%), Calcium: 35.01mg (3.5%), Manganese: 0.06mg (2.78%)