



Teriyaki Steak Lettuce Wraps

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



55

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz bean sprouts drained canned
- 1 lb beef top sirloin steak
- 1 head boston lettuce separated
- 1 cup each: carrots and cabbage shredded red
- 0.5 cup orange juice
- 1 large bell pepper red thinly sliced
- 2 tsp sesame oil
- 0.5 cup a.1. teriyaki steak sauce

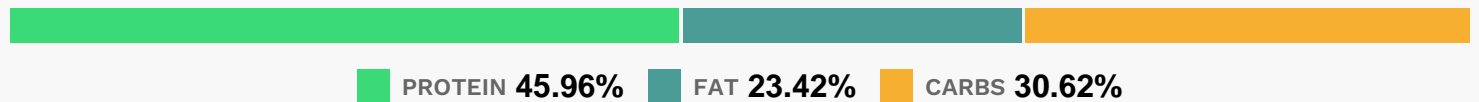
Equipment

- grill
- aluminum foil
- ziploc bags

Directions

- Mix steak sauce, orange juice and sesame oil until well blended.
- Remove 1/4 cup of the steak sauce mixture for later use.
- Pour remaining steak sauce mixture over steak in large resealable plastic bag; seal bag. Turn bag over several times to evenly coat steak. Refrigerate 30 min. to marinate.
- Preheat grill to medium heat.
- Remove steak from bag; discard bag and marinade. Grill steak 13 to 16 min. for medium-rare to medium doneness, turning occasionally.
- Remove from grill; cover with foil to keep warm.
- Let stand 10 min.
- Cut steak across the grain into thin strips.
- Place evenly in centers of lettuce leaves; top with vegetables and bean sprouts.
- Roll up.
- Serve with the reserved 1/4 cup steak sauce mixture.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.2513043517652%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg,

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 18.62kcal (0.93%), Fat: 0.49g (0.76%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.89g (0.99%), Cholesterol: 4.87mg (1.62%), Sodium: 40.97mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin C: 6.62mg (8.02%), Vitamin K: 6.69µg (6.37%), Vitamin A: 205.12IU (4.1%), Selenium: 2.63µg (3.75%), Vitamin B6: 0.07mg (3.7%), Vitamin B3: 0.66mg (3.29%), Folate: 10.4µg (2.6%), Zinc: 0.38mg (2.56%), Phosphorus: 24.47mg (2.45%), Potassium: 66.91mg (1.91%), Iron: 0.29mg (1.6%), Vitamin B2: 0.03mg (1.5%), Manganese: 0.03mg (1.46%), Vitamin B12: 0.08µg (1.29%), Vitamin B1: 0.02mg (1.27%), Magnesium: 4.92mg (1.23%), Copper: 0.02mg (1.22%), Fiber: 0.29g (1.17%), Vitamin B5: 0.1mg (1.02%)