



Thai Chicken in Cabbage Leaves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 1 pound ground chicken
- ☐ 3 tablespoons juice of lime fresh
- ☐ 16 cabbage leaves chinese () (1 head)
- ☐ 0.8 cup onion red vertically sliced
- ☐ 4 teaspoons thai fish sauce

☐ 1 cup water

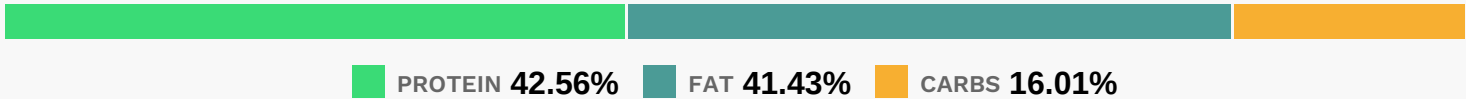
Equipment

☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add first 3 ingredients to pan. Cook 5 minutes or until chicken is done, stirring to crumble.
- ☐ Drain. Return chicken mixture to pan; stir in mint, cilantro, juice, fish sauce, and pepper.
- ☐ Spoon about 3 tablespoons chicken mixture onto each cabbage leaf.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:18.498260923054%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 200.02kcal (10%), Fat: 9.5g (14.62%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 6.01g (2.19%), Sugar: 3.27g (3.63%), Cholesterol: 97.52mg (32.51%), Sodium: 556.81mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.93%), Vitamin K: 49.89µg (47.52%), Vitamin B6: 0.91mg (45.61%), Vitamin C: 37.11mg (44.98%), Vitamin B3: 7.04mg (35.2%), Potassium: 957.56mg (27.36%), Folate: 103.93µg (25.98%), Phosphorus: 248.23mg (24.82%), Vitamin B2: 0.35mg (20.82%), Selenium: 12.97µg (18.53%), Manganese: 0.33mg (16.64%), Vitamin B5: 1.43mg (14.29%), Magnesium: 56.6mg (14.15%), Zinc: 2.05mg (13.67%), Vitamin B1: 0.19mg (12.62%), Calcium: 115.53mg (11.55%), Vitamin A: 572.96IU (11.46%), Vitamin B12: 0.66µg (11.06%),

Fiber: 2.25g (8.99%), Iron: 1.61mg (8.96%), Copper: 0.16mg (7.76%), Vitamin E: 0.52mg (3.49%)