



Thai Curry Pork Lettuce Wraps (Nam Prik Ong)

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons fish sauce
- 2 pounds ground pork
- 2 juice of lime juiced
- 12 leaves lettuce
- 2 tablespoons curry paste red (such as Mae Ploy)
- 1 onion red finely chopped
- 2 tablespoons tomato paste
- 0.3 cup rice white

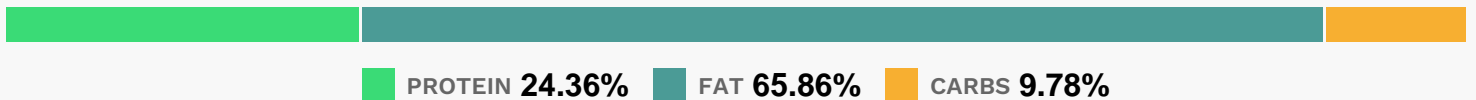
Equipment

- food processor
- frying pan
- mortar and pestle

Directions

- Toast the rice in a skillet over medium-high heat until lightly browned.
- Transfer the rice to a mortar and pestle or a food processor and grind into a coarse powder.
- Cook pork in a skillet over medium-high heat for 4 minutes.
- Place the onions in the skillet with the pork and continue to cook and stir until the onions are translucent, about 4 minutes. Stir in the curry paste and cook until aromatic.
- Mix in the tomato paste and reduce the heat to a simmer.
- Pour in 1/4 cup water if the pork seems dry and begins to stick to the bottom of the pan.
- Add the roasted, ground rice and continue to simmer until the ground rice is tender, about 5 minutes. Stir in lime juice and fish sauce to taste.
- Serve pork in lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:4.53, Inflammation Score:-7, Nutrition Score:17.651739151581%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 450.08kcal (22.5%), Fat: 32.53g (50.04%), Saturated Fat: 12.09g (75.53%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.82g (3.57%), Sugar: 2.49g (2.77%), Cholesterol: 108.86mg (36.29%), Sodium: 600.81mg (26.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Vitamin B1: 1.13mg (75.57%), Selenium: 39.3µg (56.15%), Vitamin B3: 7.04mg (35.2%), Vitamin B6: 0.66mg (32.98%), Phosphorus: 288.22mg (28.82%), Zinc: 3.52mg (23.46%), Vitamin B2: 0.38mg (22.42%), Vitamin A: 965.82IU (19.32%), Vitamin B12: 1.09µg (18.12%), Potassium: 575.19mg (16.43%), Magnesium: 47.15mg (11.79%), Vitamin B5: 1.15mg (11.52%), Iron: 1.84mg (10.23%), Vitamin C: 7.48mg (9.07%), Manganese: 0.17mg (8.73%), Copper: 0.12mg (6.07%), Folate: 21µg (5.25%), Vitamin K: 4.61µg (4.39%), Calcium: 43.32mg (4.33%), Fiber: 1.05g (4.19%), Vitamin E: 0.29mg (1.95%)