



Thai Glazed Chicken Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups basil leaves loosely packed
- 1 cup d cabbage and carrot mix shredded
- 1 pound rotisserie chicken breast meat thin cut
- 0.5 cucumber seedless chopped
- 1 tablespoon fish sauce
- 4 cloves garlic minced
- 2 tablespoons ginger root minced
- 4 servings grill seasoning (recommended: Montreal Seasoning by McCormick)

- 0.5 head iceberg lettuce cut into half again
- 0.5 cup plum sauce
- 1 large bell pepper red seeded very thinly sliced
- 3 scallions chopped
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- grill

Directions

- Thinly slice the chicken into strips and sprinkle with grill seasoning.
- Heat a large skillet to screaming hot.
- Add vegetable oil, then chicken. Cook chicken 2 minutes, stirring constantly.
- Add the ginger, garlic, peppers, cabbage and carrot mix and scallions and stir-fry another 2 minutes.
- Add plum sauce to glaze the mixture, toss 1 minute, then add basil and wilt leaves.
- Add fish sauce and turn to coat.
- Transfer cooked chicken and vegetables to a bowl.
- Place spoonfuls of chicken into a piece of lettuce with cucumber and fold lettuce over to eat, like small tacos.

Nutrition Facts



PROTEIN 27.58% **FAT 25.11%** **CARBS 47.31%**

Properties

Glycemic Index:52.75, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:28.878260913103%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 423.78kcal (21.19%), Fat: 11.75g (18.08%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 45.82g (16.66%), Sugar: 17.09g (18.99%), Cholesterol: 72.57mg (24.19%), Sodium: 836.26mg (36.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin K: 121.72µg (115.92%), Vitamin C: 63.45mg (76.91%), Vitamin A: 3297.9IU (65.96%), Vitamin B3: 13.1mg (65.51%), Vitamin B6: 1.15mg (57.64%), Selenium: 37.75µg (53.94%), Phosphorus: 299.22mg (29.92%), Manganese: 0.58mg (28.91%), Potassium: 868.39mg (24.81%), Iron: 3.61mg (20.04%), Vitamin B5: 1.99mg (19.89%), Magnesium: 72.66mg (18.16%), Folate: 67.3µg (16.82%), Fiber: 3.98g (15.92%), Vitamin B2: 0.24mg (13.92%), Vitamin E: 1.74mg (11.57%), Calcium: 107.81mg (10.78%), Vitamin B1: 0.16mg (10.74%), Copper: 0.19mg (9.46%), Zinc: 1.26mg (8.4%), Vitamin B12: 0.25µg (4.14%)