



WHATSheATE



Thai-Inspired Light and Easy Lettuce Wraps



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots julienned
- ☐ 1 small daikon radish julienned
- ☐ 1 teaspoon sesame oil dark toasted
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 cup mung bean sprouts
- ☐ 0.3 cup peanuts toasted chopped for peanut-free (optional, omit)
- ☐ 1 small chile pepper red minced seeded
- ☐ 8 large leaf lettuce leaves green red

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled for vegan / vegetarian option (see post above)

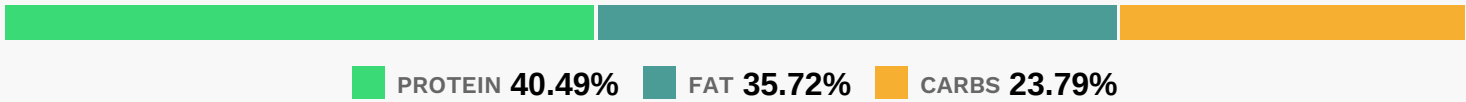
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Combine the lime juice, sesame oil, chile and salt in a medium bowl.Bring a pot of salted water to a boil.
- ☐ Add the shrimp and simmer until pink, about 3 minutes.
- ☐ Drain and toss the shrimp into the lime juice mixture, stirring to coat. Refrigerate for 10 to 15 minutes.Set the lettuce leaves on a counter with stem ends toward you. Press against the “spines” until you hear a crunch to make it easier to roll.Divide the carrot, daikon and sprouts among leaves, setting them in the centers toward the bottom. Divide the shrimp among leaves, and sprinkle with the chopped peanuts, if using.
- ☐ Roll lettuce from the bottom up.
- ☐ Place each roll, seam side down, on a sheet of plastic wrap, wrap tightly and refrigerate for 15 minutes.
- ☐ Remove wrap; cut rolls in half and serve.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:16.643043725387%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.37mg, Kaempferol:

0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 143.57kcal (7.18%), Fat: 6.05g (9.31%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.22g (4.68%), Cholesterol: 91.29mg (30.43%), Sodium: 398.37mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.87%), Vitamin A: 4805.57IU (96.11%), Vitamin C: 40.42mg (48.99%), Vitamin K: 44.81µg (42.68%), Copper: 0.45mg (22.63%), Manganese: 0.43mg (21.62%), Phosphorus: 201.96mg (20.2%), Folate: 70.12µg (17.53%), Potassium: 571.57mg (16.33%), Magnesium: 61.54mg (15.39%), Fiber: 3.43g (13.72%), Vitamin B3: 2.12mg (10.6%), Vitamin B6: 0.19mg (9.33%), Calcium: 87.87mg (8.79%), Vitamin B1: 0.13mg (8.55%), Iron: 1.52mg (8.46%), Zinc: 1.25mg (8.35%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.43mg (4.32%), Selenium: 1.57µg (2.25%), Vitamin E: 0.27mg (1.81%)