



Thai Lettuce Bundles

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

SIDE DISH

Ingredients

- 1 cup bean sprouts
- 1 cup carrots grated
- 2 green onions chopped
- 0.3 cup hoisin sauce
- 1 Tbsp real mayo mayonnaise kraft
- 1 Tbsp planters roasted peanuts dry chopped
- 12 large romaine lettuce leaves cut in half lengthwise

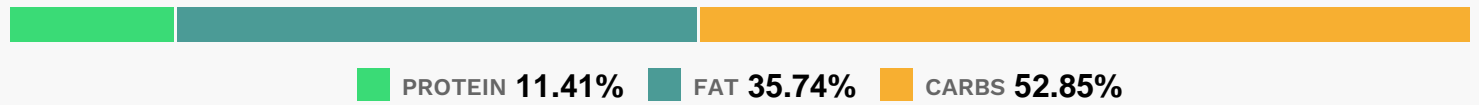
Equipment

- sauce pan
- toothpicks

Directions

- Mix carrots, bean sprouts, onions and mayo.
- Spoon evenly onto lettuce leaves; roll up firmly but gently so as not to tear the lettuce. Secure with toothpicks, or tie closed with green onion ties.
- Combine hoisin sauce and 1/4 cup water in small saucepan. Bring to boil.
- Remove from heat. Stir in peanuts.
- Serve with the lettuce bundles.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:9.2756522577256%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 1.92g (2.95%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.43g (3.81%), Cholesterol: 0.79mg (0.26%), Sodium: 136.77mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin A: 5092.35IU (101.85%), Vitamin K: 46.81µg (44.58%), Folate: 58.63µg (14.66%), Manganese: 0.13mg (6.61%), Fiber: 1.59g (6.36%), Vitamin C: 3.95mg (4.79%), Potassium: 160.87mg (4.6%), Vitamin B2: 0.06mg (3.64%), Iron: 0.58mg (3.24%), Vitamin B6: 0.06mg (3.11%), Magnesium: 12.35mg (3.09%), Vitamin B1: 0.04mg (2.98%), Phosphorus: 27.6mg (2.76%), Vitamin B3: 0.55mg (2.73%), Copper: 0.05mg (2.71%), Calcium: 21.28mg (2.13%), Vitamin E: 0.27mg (1.77%), Vitamin B5: 0.14mg (1.45%), Zinc: 0.21mg (1.41%)