



Thai Turkey Lettuce Wraps



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb pd of ground turkey
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons fish sauce
- ☐ 3 tablespoons creamy peanut butter
- ☐ 2 teaspoons chili paste depending on your taste pref red

- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup carrots shredded
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 12 medium boston lettuce leaves dry with paper towel rinsed

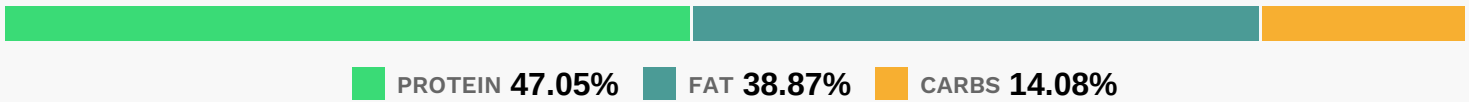
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook turkey over medium-high heat, stirring frequently, until thoroughly cooked; drain and return to skillet. Stir in green onions, cilantro, mint, lime juice, fish sauce, peanut butter, chile paste, sugar and red pepper flakes. Cook 3 to 4 minutes longer or until hot.
- ☐ To serve, spoon 2 heaping tablespoons turkey mixture, 2 tablespoons carrots and 1 teaspoon peanuts onto each lettuce leaf; wrap around filling.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.24, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:10.372608599455%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 111.65kcal (5.58%), Fat: 5.04g (7.75%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.68g (1.87%), Cholesterol: 25.99mg (8.66%), Sodium: 304.52mg (13.24%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.45%), Vitamin A: 2363.78IU (47.28%), Vitamin B3: 6mg (29.99%), Vitamin B6: 0.48mg (23.9%), Vitamin K: 21.5µg (20.48%), Selenium: 11.33µg (16.18%), Phosphorus: 147.56mg (14.76%), Manganese: 0.22mg (10.83%), Magnesium: 36.96mg (9.24%), Potassium: 288.17mg (8.23%), Zinc: 1.1mg (7.31%), Folate: 29.06µg (7.27%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.08mg (4.86%), Iron: 0.84mg (4.69%), Fiber: 1.15g (4.6%), Vitamin B1: 0.07mg (4.45%), Copper: 0.09mg (4.28%), Vitamin B12: 0.26µg (4.26%), Vitamin E: 0.55mg (3.65%), Vitamin C: 2.63mg (3.19%), Calcium: 20.87mg (2.09%), Vitamin D: 0.19µg (1.26%)