




 **19%**  
HEALTH SCORE

# Tofu Chickpeas Lettuce Wraps


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




**45 min.**

SERVINGS



**8**

CALORIES



**138 kcal**

**ANTIPASTI** **STARTER** **SNACK** **APPETIZER**

## Ingredients

- 0.3 cup carrots julienned
- 1 cup chickpeas boiled drained ( and )
- 3 to 5 chilies whole red dry seeds removed)
- 1 tbsp cilantro leaves chopped
- 2 cloves garlic
- 1 tsp ginger paste
- 2 tbsp soy sauce low sodium
- 1 tsp maple syrup pure

- 1 tbsp olive oil
- 0.4 tsp salt
- 1.5 pounds tofu dry firm cut into ½-inch squares
- 0.3 cup water
- 0.3 cup spring onion
- 1 tsp sesame seed white
- 2 tbsp vinegar white

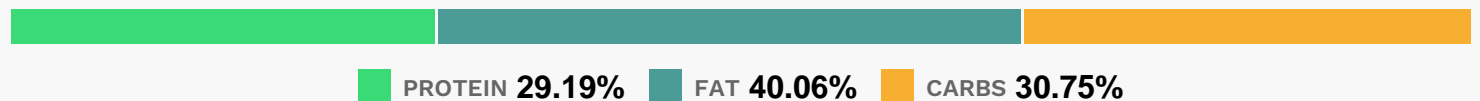
## Equipment

- frying pan
- wok

## Directions

- Soak the whole red chilies in warm water for 10 minutes and grind into a smooth paste. Keep it aside.
- Heat oil in a nonstick pan/wok and add garlic, ginger and sesame seeds.
- Add scallions/green onions into the pan and saut well.
- Add carrots and mix again.
- Add the prepared chili paste, soy sauce, and vinegar and mix very well.
- Add Tofu, mix, cover and cook for 2 minutes.
- Add chickpeas, salt and maple syrup.
- Mix and again cover and cook for 2 minutes. Lastly, add cilantro mix properly and turn off the flame.
- Serve the tofu chickpeas mix on the fresh lettuce leaves and top it with few drops of lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:43.51, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:7.1947826086957%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 6.25g (9.62%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.04g (2.92%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 263.57mg (11.46%), Protein: 10.25g (20.5%), Vitamin C: 25.59mg (31.01%), Vitamin A: 869.05IU (17.38%), Manganese: 0.31mg (15.59%), Calcium: 128.8mg (12.88%), Fiber: 2.76g (11.04%), Folate: 43.96µg (10.99%), Iron: 1.96mg (10.9%), Vitamin K: 11.4µg (10.86%), Vitamin B6: 0.14mg (6.95%), Copper: 0.11mg (5.72%), Phosphorus: 53.79mg (5.38%), Magnesium: 18.96mg (4.74%), Potassium: 156.02mg (4.46%), Vitamin E: 0.5mg (3.35%), Vitamin B2: 0.05mg (3.2%), Vitamin B1: 0.05mg (3.07%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.44mg (2.18%), Selenium: 1.1µg (1.57%), Vitamin B5: 0.12mg (1.23%)