



## Vegetable and Tofu Lettuce Wraps with Miso Sambal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 avocado peeled thinly sliced
- 12 large boston lettuce leaves
- 2 tablespoons chile paste with garlic (such as sambal oelek)
- 0.5 cup cilantro sprigs
- 1 cup matchstick-cut cucumber english
- 1.5 teaspoons sesame oil dark
- 2 tablespoons dry-roasted peanuts chopped

- 2 tablespoons ginger fresh peeled chopped
- 2 tablespoons rice wine vinegar
- 1.5 tablespoons sugar
- 12.3 ounce spicy tofu firm drained cut into 1/2-inch-thick strips reduced-fat
- 2 tablespoons miso white (soybean paste)

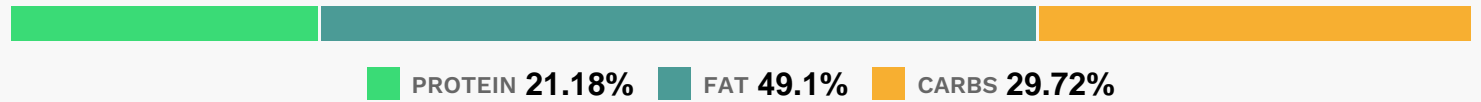
## Equipment

- blender

## Directions

- To prepare miso sambal, combine the first 6 ingredients in a blender, and process until smooth.
- To prepare wraps, divide cucumber, cilantro, peanuts, tofu, and avocado evenly among lettuce leaves.
- Drizzle each with about 1 1/2 teaspoons sambal; roll up.

## Nutrition Facts



## Properties

Glycemic Index:47.18, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:7.5626087221115%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 141.71kcal (7.09%), Fat: 8.13g (12.51%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 8.35g (3.04%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 233.26mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin K: 43.05µg (41%), Vitamin A: 1141.77IU (22.84%), Manganese: 0.23mg (11.62%), Folate: 43.57µg (10.89%), Fiber: 2.72g (10.87%), Calcium: 97.18mg (9.72%), Iron: 1.51mg

(8.39%), Potassium: 252.41mg (7.21%), Vitamin C: 4.6mg (5.58%), Vitamin B6: 0.11mg (5.43%), Vitamin B3: 1.08mg (5.41%), Magnesium: 21.37mg (5.34%), Copper: 0.11mg (5.27%), Phosphorus: 49.1mg (4.91%), Vitamin B2: 0.07mg (4.08%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.69%), Vitamin E: 0.47mg (3.15%), Zinc: 0.44mg (2.92%), Selenium: 1.08µg (1.54%)