

# Chinese Lettuce Wraps

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lemon-chicken-tenders-recipe>

## Ingredients:

- 5 chicken tenders minced into small pieces
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 1/2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1 tablespoon hoisin sauce
- 1 teaspoon cornstarch
- 1 red bell pepper finely chopped
- 2 green onions finely chopped
- 2 teaspoons fresh ginger minced
- 1 cup water chestnuts chopped
- 1 head iceberg lettuce or romaine lettuce- divided into 6-8 leaf for the “cups”

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 95 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 2 grams
8. Sodium: 1040 milligrams
9. Sugar: 6 grams

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