

Asian Turkey Lettuce Wraps

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-turkey-lettuce-wraps-recipe>

Ingredients:

- 1 1/4 pounds ground turkey extra-lean
- 16 ounces frozen stir fry vegetable blend thawed
- 1/3 cup reduced sodium teriyaki sauce
- 1/4 cup hoisin sauce
- 3 tablespoons reduced fat creamy peanut butter
- 2 tablespoons gingerroot minced fresh
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 3 garlic cloves minced
- 4 green onions chopped
- 10 lettuce leaves Boston
- hoisin sauce Additional, optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 90 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 780 milligrams
9. Sugar: 8 grams

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