

Asian Chicken Lettuce Wraps

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1/4 cup hoisin sauce
- 1 tablespoon low sodium soy sauce
- 2 tablespoons vegetable oil
- 1 pound ground chicken
- 1 large carrot peeled and finely diced
- 3 cloves garlic minced
- 4 scallions whites and greens, chopped
- 1 head lettuce leaves separated

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 100 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 500 milligrams
9. Sugar: 7 grams

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