

# Japanese Chicken Lettuce Wraps

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-water-chestnut-recipe>

## Ingredients:

- 1 pound ground chicken
- 1/2 cup celery chopped about 1-2 stalks
- 1 cup onion chopped
- 2 cloves garlic minced
- 4 shiitake mushrooms chopped about 1/3 cup
- 8 ounces water chestnuts drained and chopped
- 4 tablespoons soy sauce low sodium
- 2 teaspoons potato starch
- 1 head lettuce
- 1 tablespoon vegetable /canola oil
- 1 tablespoon sesame oil
- ginger chopped
- short grain rice Japanese, cooked
- 1 tablespoon sake Japanese
- 1 tablespoon potato starch
- 1/4 cup water
- pepper
- salt

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 100 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams

8. Sodium: 1210 milligrams
  9. Sugar: 3 grams
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