

Chicken Lettuce Wraps

Ingredients:

- 1 pound boneless skinless chicken breast, diced
- 1 tablespoon olive oil
- 1 tablespoon ginger
- 4 garlic cloves, minced
- 1 green bell pepper, chopped
- 8 fresh leaves of romaine lettuce
- 1/2 cup sesame seeds

Directions:

1. Add oil to a large skillet and heat until hot. Add chicken and cook for 10 minutes.
2. Add ginger, garlic, peppers, and stir-fry for 3 minutes.
3. Remove from heat, add sesame seeds and toss.
4. Serve by placing spoonful of chicken onto lettuce leaves, and serve.

Nutrition Facts	
Serving Size (285g)	
Servings Per Container 3	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 110mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 36g	
Vitamin A 45%	• Vitamin C 90%
Calcium 6%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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