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Ground Beef Lettuce Wraps ♦

Ground Beef Lettuce Wraps are a delicious and healthy option for a quick and easy meal. The dish originated in Asian cuisine and is typically served as an appetizer or main course. The ground beef is seasoned with a flavorful blend of spices and cooked until browned. The cooked beef is then wrapped in fresh lettuce leaves and topped with a variety of toppings such as chopped vegetables, herbs, and sauces. The combination of the savory ground beef and the crisp lettuce creates a satisfying and refreshing dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Ground Beef
200 g	lettuce leaves
100 g	onion

2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce
1 tsp	sesame oil
1 tbsp	rice vinegar
1 tsp	sriracha sauce
50 g	Green onion
50 g	carrot
20 g	Cilantro

Directions

Step 1

Stove

Heat a large skillet over medium heat. Add the ground beef and cook until browned, breaking it up into small pieces with a spatula.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Preparation

While the ground beef is cooking, prepare the lettuce leaves by washing and drying them. Set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

In a small bowl, mix together the soy sauce, sesame oil, rice vinegar, and sriracha sauce. Set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Once the ground beef is cooked, add the onion, garlic, and ginger to the skillet. Cook for an additional 2 minutes, until the vegetables are softened.

Prep Time: 5 mins

Cook Time: 2 mins

Step 5

Stove

Pour the sauce mixture over the ground beef and vegetables. Stir to combine and cook for 1 minute, until heated through.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Preparation

To serve, spoon the ground beef mixture onto the lettuce leaves. Top with chopped green onion, carrot, and cilantro. Roll up the lettuce leaves and enjoy!

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Picnic

Course

Main Dishes

Snacks

Appetizers

Sauces & Dressings

Cuisines

Japanese

Italian

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Stove

Grill

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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