

## Thai Beef Lettuce Wraps

Prep Time = 20 min	Cook Time = 20 min	Total Time = 40 min	Servings = 2 to 4
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### Ingredients:

6 Leaves of Lettuce  
 1 Pound of Beef from Grass-Fed Cows  
 1 Small Onion Minced  
 2 Cloves of Garlic  
 2 Teaspoons of Ginger Grated  
 2 Tablespoons of Extra Virgin Olive Oil  
 2 Tablespoons of Soy Sauce  
 Juice from 1 Lime  
 1/2 Teaspoon of Cane Sugar  
 1/2 Teaspoon of Sea Salt  
 1/2 Teaspoon of Hot Pepper Flakes  
 1 Tomato Chopped  
 1 Bunch of Green Onions Chopped  
 1/2 Red Bell Pepper Sliced  
 1/2 Yellow Bell Pepper Sliced  
 1 Zucchini Grated  
 1 Avocado Sliced  
 2 Large Carrots Grated  
 1 Bunch Fresh Cilantro Chopped

### Directions:

1. Use a medium frying pan to lightly brown the 1 pound of grass-fed beef over medium heat.
2. Use medium heat to brown the meat along with extra virgin olive oil, onion, garlic, ginger, and sea salt.
3. Add the lime juice, soy sauce, hot pepper flakes, and the small amount of sugar to the browned beef mixture. Move heat to low and let the new mixture cook for a couple of minutes.
4. Remove the beef mixture from heat.
5. In a separate bowl, mix the tomato, green onions, bell peppers, zucchini, avocado, carrots, and cilantro. This is the mixture that tops the beef mixture.
6. Place the beef mixture into the lettuce leafs and top with the topping mixture from the other bowl.
7. That's it. Enjoy this amazing healthy recipe that tastes amazing. Hope you love it as much as my family! Don't forget to thank God for giving you the opportunity to enjoy this meal and to reap all the amazing benefits of this meal.

**Nutrition Facts**

Serving Size 1482 g

**Amount Per Serving****Calories** 1615      **Calories from Fat** 920**% Daily Value\*****Total Fat** 105g      161%

Saturated Fat 27g      136%

Trans Fat 3g

**Cholesterol** 268mg      89%**Sodium** 3665mg      153%**Total Carbohydrate** 78g      26%

Dietary Fiber 30g      121%

Sugars 28g

**Protein** 103g

Vitamin A 823% • Vitamin C 613%

Calcium 30% • Iron 81%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

**Vitamins**

Amounts Per Selected Serving		%DV
Vitamin A	41127 IU	823%
Vitamin C	368 mg	613%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~16.7 mg	~83%
Vitamin K	~384 mcg	~480%
Thiamin	0.7 mg	44%
Riboflavin	1.4 mg	80%
Niacin	27.3 mg	137%
Vitamin B6	2.9 mg	143%
Folate	371 mcg	93%
Vitamin B12	8.3 mcg	139%
Pantothenic Acid	7.0 mg	70%
Choline	~343 mg	
Betaine	~25.5 mg	

**Minerals**

Amounts Per Selected Serving		%DV
Calcium	295 mg	30%
Iron	14.6 mg	81%
Magnesium	268 mg	67%
Phosphorus	1137 mg	114%
Potassium	4297 mg	123%
Sodium	3665 mg	153%
Zinc	22.9 mg	153%
Copper	1.7 mg	86%
Manganese	1.9 mg	93%
Selenium	~68.2 mcg	~97%
Fluoride	~72.2 mcg	

**Calorie Information**

Amounts Per Selected Serving		%DV
Calories	1615 (6762 kJ)	81%
From Carbohydrate	282 (1181 kJ)	
From Fat	920 (3852 kJ)	
From Protein	413 (1729 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

**Protein & Amino Acids**

Amounts Per Selected Serving		%DV
Protein	103 g	206%

**Carbohydrates**

Amounts Per Selected Serving		%DV
Total Carbohydrate	77.5 g	26%
Dietary Fiber	30.2 g	121%
Starch	~2.1 g	
Sugars	~28.2 g	

**Fats & Fatty Acids**

Amounts Per Selected Serving		%DV
Total Fat	105 g	161%
Saturated Fat	27.3 g	136%
Monounsaturated Fat	~56.3 g	
Polyunsaturated Fat	~10.0 g	
Total trans fatty acids	~3.2 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~817 mg	
Total Omega-6 fatty acids	~9026 mg	

**Your Notes:**