

PREPARATION: 30 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

GINGER PORK LETTUCE WRAPS

INGREDIENTS

2 cups cooked vermicelli noodles
(1/2 of a 1 pound package of dry vermicelli)

2 tablespoons sesame oil

12 oz boneless center cut pork chops,
thinly sliced

1 tablespoon ginger, minced

1 teaspoon garlic, minced

1 cup snap peas, thinly sliced

1/2 cup green onions, chopped

1 cup bean sprouts

2 tablespoons cilantro, chopped

2 tablespoons basil, chopped

1 tablespoon lime juice

1 tablespoon rice wine vinegar

1/4 teaspoon dry chili flakes

1 cup red pepper, thinly sliced

8 medium-size lettuce leaves
(Boston, Bibb or Butterhead)

PREPARATION

- 1** Cook vermicelli noodles according to the package instructions. Drain them and cut the noodles with scissors into shorter strands.
- 2** In a large skillet, heat oil over medium-high heat. Add the pork and brown it quickly. Add the ginger, garlic, peas, onions and sprouts, and continue to sauté.
- 3** Add the cilantro, basil, lime juice, vinegar, chili flakes, red peppers and vermicelli to the skillet and toss to combine. The vegetables should still be slightly crispy.
- 4** Spoon the vermicelli stir fry into the lettuce leaves. Fold the lettuce leaves around the filling and enjoy.



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Nutrient Analysis	
PER SERVING	
¼ of recipe	
Renal/Diabetic Exchanges:	
3 Meat + 1 Starch + 2 Lower-Potassium Fruit	
Calories	273
Protein	25g
Total Carbohydrate	20g
Fiber	3g
Sugars	4g
Fat	11g
Saturated	2g
Cholesterol	64mg
Sodium	91mg
Potassium	569mg
Phosphorus	276mg
Calcium	41mg
Iron	2mg
Magnesium	53mg
Vitamin C	51mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

POTASSIUM CHECK ✓

How to manage potassium in meat and poultry

Beef, pork, chicken and turkey are good sources of protein. Your dietitian will tell you how much protein you need every day to maintain good health. But those good sources of protein are also rich in potassium. Each three-ounce portion contains as much potassium as a single serving of fruit or vegetables.

In addition to naturally occurring potassium in these foods, potassium may also be added. Fresh meats and poultry with added potassium are called enhanced. Much attention has been given to phosphorus additives in foods, but very little to potassium additives. The amount of potassium added can vary greatly, from very little to as high as three times the potassium content of a similar product without added potassium. To avoid enhanced meats, read the label carefully to see if potassium has been added. It may be found either in the ingredient list or labeled as “added solution” or “added broth.” Enhanced meat and poultry are hidden sources of potassium that may result in high blood potassium levels without one knowing.

Reference: Phosphorus and Potassium Content of Enhanced Meat and Poultry Products: Implications for Patients Who Receive Dialysis. Clin J Am Soc Nephrol 4: 1370-1373, 2009.

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