



Chicken Lettuce Wrap

Recipe makes:

1 portion

Preparation time:

5 minutes

Nutritional Information

1 Portion

Energy	266kcal
Carbohydrates of which sugars	5.9g 3.1g
Protein	26.8g
Fat	15.0g

Ingredients:

- 1 outer large leaf of Romaine lettuce
- 85g cubed ready cooked skinless chicken
- ¼ cucumber cut into thin spears
- ½ red pepper thinly sliced
- 1 tbsp hummus
- 1 tbsp cress

Method:

1. Wash, dry and prepare lettuce, cucumber, tomato and red pepper.
2. Place the large lettuce leaf on a plate and fill with chicken, cucumber, tomato and red pepper.
3. Spoon hummus on top and sprinkle with cress.
4. Fold or roll the filled leaf into a wrap.

Serving Suggestion:

Squeeze fresh lemon juice on the filling before rolling into a wrap.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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