

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Roasted Chicken Lettuce Wraps

Recipe makes: 4 wraps

Prep time: 6 minutes

Cooking time: none

Nutrition info
per serving

2 wraps

Calories	232
Carbohydrate	12 g
Protein	31 g
Fat	7 g
Total Sugars	3.7 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Roasted Chicken Lettuce Wraps

Ingredients:

- 4 (96 g) large leaves of romaine lettuce, washed and dried

Filling:

- 6 oz (170 g) store-bought rotisserie chicken, diced
 - ½ (108 g) cucumber, washed and cut into thin spears
 - 1 (119 g) bell pepper, cut into thin slices
 - 1 cup (33 g) alfalfa sprouts
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- 4 Tbsp (61.5 g) hummus

Directions:

1. Combine all filling ingredients.
2. Separate the filling evenly into four portions.
3. On 2 serving plates place 2 large lettuce leaves on each plate.
4. Fill lettuce leaves evenly with vegetables and chicken filling.
5. Spoon 1 Tbsp hummus on top of each piece of filled lettuce, and fold or roll into wraps.

Chef's tip: *Oven baked chicken in the recipe tastes good too.*

Servings suggestions: *Squeeze freshly cut lemon over the fillings before shaping into wraps, or just before serving for a burst of flavor.*



Innovation in Nutrition

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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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