



Asian Pork Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 10-inch burrito-size flour tortillas
- ☐ 11 oz mandarin orange segments drained canned
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.8 cup roasted peanuts dry coarsely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 green onions sliced
- ☐ 8 cups napa cabbage shredded

- ☐ 1 pound barbecued pork without sauce shredded
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.8 cup sesame-ginger dressing low-fat

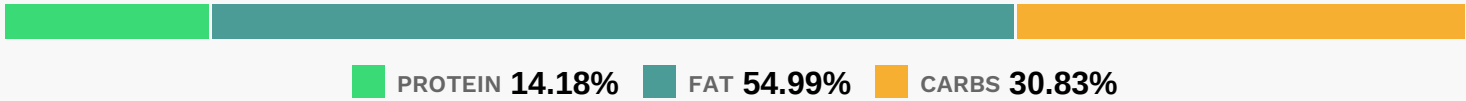
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ microwave

Directions

- ☐ Whisk together sesame-ginger dressing and next 2 ingredients until smooth.
- ☐ Drizzle half of dressing mixture over pork, tossing to combine. Stir in peanuts.
- ☐ Place tortillas between damp paper towels. Microwave at HIGH 45 seconds; keep warm.
- ☐ Place cabbage and next 4 ingredients in a large bowl; drizzle with remaining half of dressing mixture, tossing to coat.
- ☐ Spoon about 1/2 cup pork mixture and 1/2 cup cabbage mixture just below center of each tortilla. Fold bottom third of tortillas up and over filling, just until covered. Fold left and right sides of tortillas over, and roll up.
- ☐ Note: For testing purposes only, we used Newman's Own Lighten Up Low Fat Sesame Ginger Dressing.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:11.58, Inflammation Score:-8, Nutrition Score:25.95608684291%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.14mg, Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 603.59kcal (30.18%), Fat: 37.46g (57.63%), Saturated Fat: 9.49g (59.34%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 41.51g (15.09%), Sugar: 10.07g (11.19%), Cholesterol: 40.82mg (13.61%), Sodium: 870.19mg (37.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.48%), Vitamin K: 60.67µg (57.78%), Vitamin B1: 0.86mg (57.53%), Selenium: 32.1µg (45.85%), Manganese: 0.87mg (43.7%), Vitamin B3: 8.66mg (43.32%), Vitamin C: 35.4mg (42.91%), Folate: 152.14µg (38.04%), Phosphorus: 346.41mg (34.64%), Vitamin B6: 0.54mg (27.23%), Vitamin B2: 0.43mg (25.03%), Fiber: 5.74g (22.98%), Iron: 3.99mg (22.16%), Calcium: 195.07mg (19.51%), Vitamin A: 944.35IU (18.89%), Potassium: 657.56mg (18.79%), Magnesium: 74.43mg (18.61%), Zinc: 2.56mg (17.05%), Vitamin E: 2.5mg (16.68%), Copper: 0.23mg (11.46%), Vitamin B5: 0.82mg (8.22%), Vitamin B12: 0.4µg (6.61%)