



Double Thick Grilled Pork Chop with Ginger Plum Bbq Sauce

 **Gluten Free**  **Dairy Free**

READY IN



580 min.

SERVINGS



3

CALORIES



803 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounces bean sprouts
- 8 ounces brown sugar
- 8 ounces brown sugar
- 0.5 pound carrots julienned
- 0.5 teaspoon pepper
- 2 ounces apple cider vinegar
- 0.5 pound cucumber julienned

- 1 small clove garlic crushed chopped
- 2 ounces ginger
- 6 ounces sauce for garnish
- 6 plums peeled quartered
- 3 servings pork loin
- 1 tablespoon rice vinegar
- 1 teaspoon salt
- 3 servings salt
- 2 spring onion
- 2 spring onion
- 0.5 teaspoon sesame oil
- 2 ounces soya sauce
- 1 star anise
- 0.5 teaspoon sugar
- 8 ounces water

Equipment

Directions

- Preparation of Ginger Plum BBQ Sauce: Simmer plums, ginger, 1 clove garlic, hoisin sauce, brown sugar, 2 tablespoons water, soy sauce, and star anise, 20 minutes or until plums are loose.
- Add vinegar and simmer, uncovered, stirring constantly until sauce thickens, about 10 minutes. Discard star anise, strain and stir in scallions.
- Add 2 ounces bean sprouts, 1/2 pound carrots, 1/2 pound seeded and julienned english cucumber, 2 to 3 scallions cut into narrow ribbons, 1 teaspoon salt, and 1/2 teaspoon sugar.
- Combine well and let sit for two hours.
- Warm pancakes, spread Hoisen sauce on pancake, fill with vegetables and roll.
- Place pork loin on a plate.
- Garnish with two filled, rolled, warmed mushu pancakes.

Garnish with fresh cilantro.

Garnish Option: Make a reduction of duck stock, star anise, and plum wine. Reduce to glaze and lightly puddle on plate before adding pork chop and mushu pancakes

Nutrition Facts

PROTEIN 3.2% **FAT 1.93%** **CARBS 94.87%**

Properties

Glycemic Index:129.86, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:20.319130446519%

Flavonoids

Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 802.86kcal (40.14%), Fat: 1.79g (2.75%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 197.07g (65.69%), Net Carbohydrates: 190.93g (69.43%), Sugar: 180.44g (200.49%), Cholesterol: 0.63mg (0.21%), Sodium: 2818.82mg (122.56%), Alcohol: 0g (100%), Protein: 6.64g (13.28%), Vitamin A: 13404.79IU (268.1%), Vitamin K: 66.82µg (63.64%), Vitamin C: 27.5mg (33.33%), Manganese: 0.63mg (31.39%), Potassium: 991.13mg (28.32%), Fiber: 6.14g (24.54%), Calcium: 200.59mg (20.06%), Copper: 0.39mg (19.33%), Vitamin B6: 0.38mg (18.75%), Magnesium: 69.18mg (17.3%), Iron: 3mg (16.67%), Folate: 66.23µg (16.56%), Vitamin B3: 2.79mg (13.93%), Phosphorus: 129.7mg (12.97%), Vitamin B1: 0.17mg (11.15%), Vitamin B2: 0.19mg (11.02%), Vitamin B5: 1.01mg (10.14%), Vitamin E: 1.17mg (7.79%), Zinc: 0.89mg (5.94%), Selenium: 3.07µg (4.39%)