



Hoisin Pork and Boston Lettuce Wraps

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 boston lettuce leaves
- 3 cups d cabbage-and-carrot coleslaw
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup hoisin sauce
- 1 tablespoon juice of lime
- 12 ounce center-cut loin pork chops boneless cut into 24 thin strips
- 0.3 cup peanuts unsalted
- 1 tablespoon water

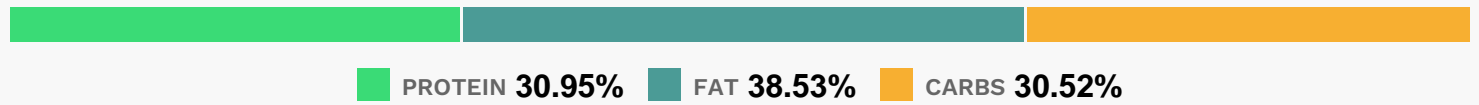
Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients in a small bowl; set aside.
- Combine coleslaw, cilantro, and peanuts; set aside.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pork; saut 4 minutes or until lightly browned.
- Remove from pan.
- Arrange 3 lettuce leaves on each of 4 plates. Top each lettuce leaf with 2 slices pork, hoisin-lime sauce, and coleslaw.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:25.172173956166%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 300.27kcal (15.01%), Fat: 13.07g (20.11%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 18.37g (6.68%), Sugar: 11.91g (13.23%), Cholesterol: 57.67mg (19.22%), Sodium: 482.48mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.23%), Vitamin A: 17669.77IU (353.4%), Vitamin K: 65.04µg (61.95%), Vitamin B3: 9.95mg (49.73%), Vitamin B1: 0.68mg (45.2%), Vitamin B6: 0.86mg (43.11%), Selenium: 30.08µg (42.98%), Phosphorus: 295.02mg (29.5%), Manganese: 0.54mg (27.23%), Potassium: 850.75mg (24.31%), Fiber: 4.92g (19.67%), Vitamin B2: 0.32mg (18.73%), Folate: 69.78µg (17.44%), Magnesium:

67.5mg (16.87%), Zinc: 2.06mg (13.75%), Vitamin B5: 1.15mg (11.49%), Vitamin C: 9.09mg (11.01%), Vitamin E: 1.55mg (10.32%), Iron: 1.73mg (9.63%), Copper: 0.19mg (9.28%), Vitamin B12: 0.45µg (7.51%), Calcium: 69.75mg (6.98%), Vitamin D: 0.34µg (2.27%)