



## Hoisin Pork in Lettuce Cups

 Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



20

CALORIES



88 kcal

SAUCE

### Ingredients

- 2.5 pounds boston butt pork shoulder boneless trimmed cut into 2-inch chunks
- 1 carrots shredded
- 2 tablespoons sriracha
- 1 tablespoon brown sugar dark packed
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon ginger fresh grated
- 2 tablespoons hoisin sauce
- 24 large lettuce leaves

- 0.3 cup soya sauce low-sodium
- 3 scallions light white green finely chopped

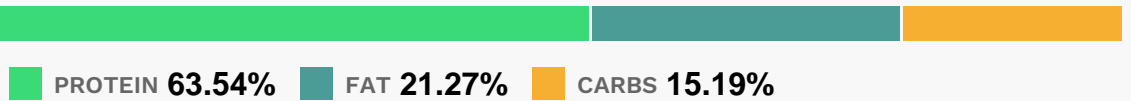
## Equipment

- bowl
- slotted spoon
- slow cooker

## Directions

- In slow cooker, toss pork with soy sauce, brown sugar, ginger and 1 Tbsp. chili garlic sauce. Cover and cook on low until tender, about 6 hours.
- In a bowl, mix remaining 1 Tbsp. chili garlic sauce, hoisin, carrot, cilantro and scallions. Using a slotted spoon, add pork to bowl; mix well.
- Add a few tablespoons of cooking liquid to moisten pork mixture as desired. Spoon into lettuce leaves, and serve.

## Nutrition Facts



## Properties

Glycemic Index:6.29, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:11.089130479357%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 88.07kcal (4.4%), Fat: 2.01g (3.09%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.65g (0.97%), Sugar: 1.81g (2.01%), Cholesterol: 34.07mg (11.36%), Sodium: 265.57mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Vitamin A: 2673.42IU (53.47%), Vitamin B3: 5.66mg (28.3%), Vitamin B1: 0.4mg (26.6%), Vitamin B6: 0.45mg (22.53%), Selenium: 14.87µg (21.24%), Vitamin B2: 0.31mg (18.07%), Phosphorus: 146.06mg (14.61%), Potassium: 301.34mg (8.61%), Vitamin B12: 0.49µg (8.22%), Zinc: 1.21mg (8.07%), Vitamin C: 5.78mg (7.01%), Manganese: 0.12mg (6.06%), Vitamin B5: 0.58mg (5.8%), Magnesium: 22.05mg (5.51%), Iron: 0.87mg (4.83%), Vitamin K: 4.76µg (4.53%), Folate: 14.61µg (3.65%), Copper: 0.05mg

(2.55%), Fiber: 0.57g (2.28%), Calcium: 18.8mg (1.88%), Vitamin E: 0.19mg (1.23%)