



Korean Cabbage Wraps with Sweet-and-Sour Cucumber Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 servings sweet-and-sour cucumber salad
- 2 tablespoons sesame oil dark
- 1 tablespoon ginger fresh grated
- 1 garlic clove pressed
- 2 tablespoons korean honey citron tea paste (Korean chili paste)
- 2 tablespoons brown sugar light
- 0.5 cup soya sauce reduced-sodium

- 18 cabbage leaves
- 1 pound pulled barbecued pork (without sauce)
- 0.3 cup rice wine vinegar
- 18 servings oil-roasted cocktail peanuts chopped

Equipment

- food processor
- blender
- slotted spoon

Directions

- Prepare Sweet-and-Sour Cucumber Salad.
- While salad chills, process soy sauce and next 6 ingredients in a blender or food processor until smooth.
- Spoon about 1/4 cup pork into each cabbage leaf; drizzle with soy sauce mixture. Spoon Sweet-and-Sour Cucumber Salad over pork, using a slotted spoon. Top with desired amount of peanuts.
- *2 tsp. Asian hot chili sauce (such as Sriracha) may be substituted.
- Note: We tested with Annie Chun's Go-Chu-Jang Korean Sweet & Spicy sauce, available online at anniechun.com.

Nutrition Facts

  
 PROTEIN 18.96%  FAT 61.5%  CARBS 19.54%

Properties

Glycemic Index:7.89, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:9.1747826026834%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250.82kcal (12.54%), Fat: 18.19g (27.99%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 9.92g (3.61%), Sugar: 5.58g (6.2%), Cholesterol: 10.84mg (3.61%), Sodium: 538.51mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Manganese: 0.8mg (39.85%), Vitamin B3: 4.71mg (23.54%), Folate: 63.42µg (15.85%), Magnesium: 59.63mg (14.91%), Phosphorus: 137.7mg (13.77%), Fiber: 3.08g (12.33%), Vitamin K: 12.32µg (11.73%), Copper: 0.22mg (10.85%), Vitamin C: 8.4mg (10.18%), Potassium: 336.44mg (9.61%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.11mg (7.43%), Calcium: 68.46mg (6.85%), Iron: 1.13mg (6.25%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.48mg (4.76%), Selenium: 2.53µg (3.62%), Vitamin B2: 0.06mg (3.43%), Vitamin A: 131.11IU (2.62%)