

What She Ate

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health-score 54%

HEALTH SCORE

Korean Pulled Pork Sandwich with Asian Slaw

 Dairy Free

READY IN

ready

630 min.

SERVINGS

servings

8

CALORIES

calories

723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder chinese
- ☐ 2 teaspoons five-spice powder chinese
- ☐ 2 tablespoons canola oil
- ☐ 1 large carrots julienned
- ☐ 2 inch ginger fresh finely grated peeled
- ☐ 4 cloves garlic finely chopped
- ☐ 2 tablespoons korean honey citron tea paste
- ☐ 3 tablespoons korean honey citron tea paste if you want it spicier

- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon honey or sugar
- ☐ 2 tablespoons r honey
- ☐ 2 tablespoons honey
- ☐ 0.5 cup catsup
- ☐ 3 tablespoons catsup
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons soya sauce light
- ☐ 1 cup chicken stock see low sodium
- ☐ 0.5 cup soya sauce low sodium
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 head napa cabbage shredded finely
- ☐ 5 pound pork butt trimmed
- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons rice vinegar
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 tablespoons sesame oil toasted
- ☐ 8 servings sesame hamburger buns soft
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 shallots diced finely
- ☐ 4 ounces snow peas julienned

Equipment

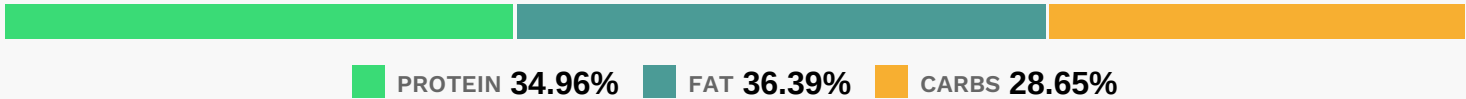
- ☐ frying pan
- ☐ whisk
- ☐ baking pan

- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Remove the pork from the refrigerator 30 minutes before cooking.
- ☐ Whisk together the soy sauce, gochujang, hoisin, ketchup, vinegar, honey, sesame oil, five-spice powder and pepper until smooth. Rub the pork with the marinade, cover and refrigerate for at least 4 hours and up to 24 hours.
- ☐ Prepare the Caja China according to manufacturer's directions. Cook until the pork reaches 190 degrees F, 3 to 3 1/2 hours.
- ☐ Remove the pork, place in a baking pan, tent with foil and let the pork rest for 20 minutes. Reserve the juices for the BBQ sauce.
- ☐ Heat the oil in a medium high-sided saute pan.
- ☐ Add the shallots and cook until soft.
- ☐ Whisk in the reserved juices from the pork, the chicken stock, ketchup, gochujang, honey, soy sauce and five-spice powder and cook until slightly reduced.
- ☐ Remove from the heat, add the vinegar and sesame oil.
- ☐ Whisk together the vinegar, honey, sesame oil, and soy sauce until the honey is dissolved.
- ☐ Add the peas, carrots, cabbage and sesame seeds. Toss to combine; season with salt and pepper. Cover and refrigerate until cold, at least 1 hour.
- ☐ For serving: Using tongs, pull the pork into bite-size bits. Toss with the BBQ sauce. Mound some slaw on the bottoms of the buns. Top with the pork and the top bun.

Nutrition Facts



Properties

Glycemic Index:83.06, Glycemic Load:19.69, Inflammation Score:-9, Nutrition Score:46.09826071366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:

0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 722.82kcal (36.14%), Fat: 29.04g (44.68%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 48.13g (17.5%), Sugar: 22.72g (25.24%), Cholesterol: 170.28mg (56.76%), Sodium: 1603.3mg (69.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.76g (125.52%), Selenium: 93.83µg (134.05%), Vitamin B1: 1.91mg (127.65%), Vitamin B6: 1.83mg (91.72%), Vitamin B2: 1.39mg (81.85%), Vitamin B3: 16.13mg (80.66%), Phosphorus: 727.7mg (72.77%), Zinc: 10.6mg (70.67%), Vitamin B5: 4.77mg (47.74%), Vitamin B12: 2.7µg (44.92%), Potassium: 1478.65mg (42.25%), Vitamin A: 1969.45IU (39.39%), Iron: 7.03mg (39.03%), Manganese: 0.74mg (37.06%), Vitamin C: 28.67mg (34.76%), Vitamin K: 35.42µg (33.73%), Magnesium: 116.63mg (29.16%), Copper: 0.56mg (27.84%), Folate: 110.16µg (27.54%), Calcium: 205.68mg (20.57%), Vitamin E: 2.1mg (14.02%), Fiber: 3.31g (13.24%), Vitamin D: 1.7µg (11.34%)