



## Moo Shu Pork

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

READY IN



40 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 bibb lettuce leaves
- 14 ounce coleslaw mix
- 2 cloves garlic minced
- 3 tablespoons hoisin sauce plus more for serving
- 4 servings kosher salt and pepper freshly ground
- 0.8 pound pork tenderloin trimmed cut into thin strips
- 3 tablespoons rice vinegar
- 1 bunch scallions thinly sliced

- 8 ounces mushroom caps stemmed sliced
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- whisk
- tongs

## Directions

- Whisk the hoisin sauce, vinegar, garlic and 1/2 teaspoon each salt and pepper in a large bowl.
- Add the pork and marinate 10 minutes.
- Heat 1 tablespoon vegetable oil in a large skillet over high heat.
- Remove the pork from the marinade using tongs (reserve the marinade) and stir-fry until browned, about 4 minutes.
- Transfer the pork to a plate.
- Add 3 to 4 tablespoons water to the skillet, then pour the pan juices over the pork on the plate.
- Add the remaining 1 tablespoon vegetable oil to the skillet; when hot, add the mushrooms and stir-fry until slightly golden, about 2 minutes.
- Add the coleslaw mix and cook until wilted, about 3 minutes.
- Add the pork, the reserved marinade and half of the scallions; stir-fry 2 more minutes. Season with salt and sprinkle with the remaining scallions.
- Serve the stir-fry in the lettuce leaves with more hoisin sauce.
- Photographs by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:27.360434760218%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 235.46kcal (11.77%), Fat: 9.55g (14.69%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 11.93g (4.34%), Sugar: 8.38g (9.31%), Cholesterol: 55.64mg (18.55%), Sodium: 459.93mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Vitamin K: 146.46µg (139.48%), Vitamin B1: 0.95mg (63.35%), Vitamin B6: 1.02mg (50.83%), Vitamin C: 39.62mg (48.03%), Selenium: 30.52µg (43.6%), Vitamin B3: 8.46mg (42.29%), Vitamin A: 1648.31IU (32.97%), Phosphorus: 323.78mg (32.38%), Vitamin B2: 0.51mg (30.23%), Potassium: 824.62mg (23.56%), Manganese: 0.45mg (22.74%), Folate: 89.53µg (22.38%), Fiber: 4.92g (19.67%), Vitamin B5: 1.87mg (18.69%), Zinc: 2.54mg (16.94%), Magnesium: 56.64mg (14.16%), Iron: 2.33mg (12.96%), Copper: 0.21mg (10.44%), Calcium: 72.54mg (7.25%), Vitamin B12: 0.43µg (7.23%), Vitamin E: 1.04mg (6.94%), Vitamin D: 0.4µg (2.65%)