



Moo Shu Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cabbage shredded chinese
- ☐ 8 8-inch flour tortillas ()
- ☐ 1 cup bean sprouts fresh
- ☐ 2 cloves garlic minced
- ☐ 3 green onions thinly sliced into 2-inch strips
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 0.3 cup plum sauce

- ☐ 0.5 pound pork tenderloin
- ☐ 1 medium size bell pepper sweet red seeded cut into thin strips
- ☐ 1 cup mushroom caps fresh sliced
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ Wrap tortillas in heavy-duty aluminum foil; bake at 325 for 12 minutes or until thoroughly heated.
- ☐ Trim fat from tenderloin; slice tenderloin into 2- x 1/4-inch strips.
- ☐ Combine pork, 1 tablespoon soy sauce, and garlic, tossing well. Coat a wok or large nonstick skillet with cooking spray; drizzle 1 teaspoon oil around top of wok, coating sides.
- ☐ Heat at medium-high (37
- ☐ until hot.
- ☐ Add pork mixture; stir-fry 3 minutes or until browned.
- ☐ Transfer to a bowl, and set aside.
- ☐ Add cabbage, mushrooms, and pepper to wok; stir-fry 3 minutes.
- ☐ Add bean sprouts and onions; stir-fry 2 minutes. Return pork mixture to wok.
- ☐ Add remaining 1 tablespoon soy sauce and hoisin sauce; stir-fry 2 minutes or until thickened.
- ☐ Spread 1 1/2 teaspoons plum sauce over one side of each tortilla; top evenly with pork mixture.
- ☐ Roll up tortillas, and serve immediately.

Nutrition Facts



 PROTEIN **20.06%**  FAT **22.27%**  CARBS **57.67%**

Properties

Glycemic Index:48, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:32.289565449176%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 490.4kcal (24.52%), Fat: 12.24g (18.83%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 64.68g (23.52%), Sugar: 8.81g (9.79%), Cholesterol: 36.97mg (12.32%), Sodium: 1256.09mg (54.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Vitamin B1: 1.14mg (75.73%), Selenium: 44.19µg (63.12%), Vitamin B3: 11.79mg (58.94%), Vitamin C: 46.98mg (56.95%), Manganese: 1.03mg (51.61%), Phosphorus: 476.57mg (47.66%), Folate: 187.16µg (46.79%), Vitamin B2: 0.74mg (43.33%), Vitamin B6: 0.86mg (43.01%), Vitamin K: 38.13µg (36.31%), Iron: 6.17mg (34.27%), Fiber: 6.64g (26.57%), Vitamin A: 1299.37IU (25.99%), Potassium: 823.75mg (23.54%), Copper: 0.42mg (20.82%), Calcium: 203.08mg (20.31%), Magnesium: 77.02mg (19.26%), Zinc: 2.67mg (17.79%), Vitamin B5: 1.77mg (17.73%), Vitamin E: 0.81mg (5.38%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.4µg (2.64%)